



**Down Syndrome Association**  
OF NORTHWEST INDIANA & CHICAGOLAND



**Down Syndrome Association**  
OF NORTHWEST INDIANA AND CHICAGOLAND

## Special Thanks to:

DSA Family Volunteers  
Michelle Bulanda  
Tina Copeland  
Gay Girolami  
Daniel Robinson

**Down Syndrome Association**  
OF NORTHWEST INDIANA AND CHICAGOLAND

2906 Highway Avenue  
Highland, IN 46322

(219) 838-3656

<http://dsaofnwi.org/>

---

## Working on: **Rolling & Pivoting**

---

In partnership with:



### Activity 1: Pivoting on Elbows



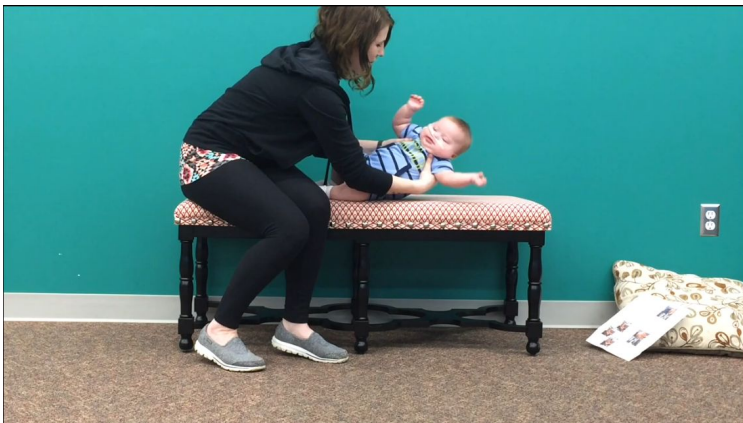
- Place your child on firm surface on their belly
  - Keep only one toy in sight to maintain child's attention
    - Place it between child's shoulder and waist
    - Wait for your child to bend at the waist and turn to look at the toy
    - Allow them to play with the toy as a reward
  - If your child shows interest but cannot pivot, hold their elbows and help them reach for the toy
  - Try this activity when playing on the floor!
- 

### Activity 3: Back to Stomach Rolling (more support)



- Place your child on their back
  - Move the arm that your child will roll towards overhead
  - Turn them onto their side by guiding at the hip and shoulder
  - This will allow your child to roll onto their tummy
  - Try this activity while playing on the floor or bed with your child!
- 

### Activity 2: Lying to Sitting



- Begin with your child lying on their back
- Roll them onto their side and sit them up
  - Provide support at the shoulder as well as behind the head and neck
- As this becomes easier for your child, place your hands lower on their trunk for less support
- Try this activity when getting your child up from a nap or diaper change!

### Activity 4: Back to Stomach Rolling (less support)



- As your child progresses, they will need less assistance
- Provide gentle support at the shoulder and leg
- With plenty of practice, your child will be able to roll on their own
- Try this activity while playing on the floor or bed with your child!