

Rolling Over

Move a toy so that your baby will try to turn his body in order to keep the toy in sight.

Offering the child a toy in this way gives him a reason to try to roll over.

*You're rolling over
to get the toy!*





Why this is important

Your baby needs to know how to turn over so that he can crawl, change position, and make himself comfortable. At first he may only follow an object with his eyes when you move it in front of his face. Later, as you move the toy, he may turn his head and try to roll his body to keep the toy in sight. Rolling from a smooth surface onto a textured one will help him realize that he has moved his body to a new place. Awareness of his body will help him move purposefully later as he begins to crawl and walk.

What you do

- Lay your baby on his back on a smooth surface. Put a fuzzy or textured blanket next to him.
- Sit behind his head and hold a favorite toy or a noise-making toy above him so that he can see it comfortably.
- Move the toy slowly in different directions, side to side, while making sure his eyes follow the toy.
- Move the toy far to the side and toward the top of his head, as you talk about what he sees. *Your elephant is moving over here. Can you hear it rattle?* Notice your baby follow the toy with his eyes.
- If your baby reaches by arching his back and turning his head, encourage him with words, but do not help him roll over. *You almost have it. You are really stretching!*
- Give him the toy when he turns over. *You rolled over to reach your elephant!* Talk with him about the textured blanket he is now lying on. *You rolled onto a fuzzy blanket.* If he keeps trying but cannot completely roll over, slightly nudge his lower body to help.

Ready to move on?

When your baby can roll over easily, show him the toy and then place it next to him on the blanket where he will find it when he rolls.

Let's read together!

Red, Blue, Yellow Shoe
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