



Some toys come with Velcro[®] straps (hook-and-loop fasteners) which allow you to attach them to toy bars and cots etc.



For some toys you might need to use separate Velcro straps which are readily available from haberdashery departments/shops or online.



Sometimes called 'cable ties' or 'toy straps', they come in a variety of colours.



You can also use wrist rattles with Velcro[®] closures to achieve the same effect.

Baby links are also useful to bring hanging toys within your baby's reach.



It is very important to encourage your baby to move his or her **LEFT** arm and reach to grasp.



SAFETY NOTE: Always supervise your child when you extend toys with links and straps. Keep cable ties out of your baby's reach, the rough 'hook' side of them could scratch your baby's delicate skin.

TIPS for helping your baby learn to roll

Giving your baby lots of opportunities to lie on the floor in a variety of positions during the first 6 months of life will help your baby to learn the skill of being able to roll over.



Time spent in these different positions (back, sides, tummy) will help your baby develop strong trunk muscles needed for rolling.

Tummy time can be especially helpful for your baby to learn to roll on to his or her side.

First your baby needs to have developed good head control and be able to push up through the arms.



Your baby is unlikely to attempt to roll before 4 months of age and rolling may begin much later than this. The important thing is for your baby to be given plenty of opportunities to learn to move around on the floor.

It may be that the **right arm is strongest making it easier to push up on the **right** arm to roll on to his or her **LEFT** side during tummy time.**



Your baby may try to roll when lying on his or her back.

You can help to encourage your baby to roll.



If you see your baby trying to roll give him or her a gentle helping hand.

Remember to praise baby's efforts.

SAFETY NOTE: Once your baby starts rolling always supervise them because they could roll across the floor or off higher surfaces such as beds and sofas.

Tips for Using Rocker and Bouncer Chairs

A rocker or bouncer chair helps your baby to see toys from a more upright position and can make it easier to reach for toys.



Remember to position yourself at your baby's **LEFT** side for play. This lets you present toys to baby's **LEFT** side which helps baby to pay attention to and later even try to use the **LEFT** arm and hand.

You can also sit straight in front of the chair, just remember to present any toys to baby's **LEFT** side.

If other adults or children are joining in then ask them to sit to baby's **LEFT** side.



There are lots of different chair designs and many have a removable bar from which you can hang toys.



Try to position any hanging toys slightly to the **LEFT** on the toy bar.



This will encourage baby to look to the **LEFT** and later to reach for the toys with baby's **LEFT** hand.

You may need to use Velcro straps to secure toys in place and/or extend toys using links to bring them within your baby's reach.

Just use one toy at a time and change it to a different toy often.

If possible try to remove toys from the **right** side of the toy bar.

SAFETY NOTE: Limit the amount of time your baby spends in chairs like these (also pushchairs/car seats) to short periods. Your baby needs to spend time lying flat on both his or her back and tummy and being held in your arms. Variety is very important.

Preparing to sit

Your baby is unlikely to learn to sit independently until 6 months of age and it may well happen later than this.



The important thing is for your baby to be given lots of opportunities to learn to sit with support because this helps your baby to learn important balance skills as well as developing strong trunk muscles.



Your baby needs to have developed good head control first but once he or she has acquired this you can use the following ideas to develop your baby's sitting skills.

You can hold your baby in a supported sitting position and offer toys to your baby's **LEFT hand.**



You can also sit baby on the floor giving support with your arms.



If you choose to prop your baby up on the sofa you must **ALWAYS** supervise your baby closely.

Again offer toys to baby's **LEFT** hand.



SAFETY NOTE: Never leave your baby unsupervised on a sofa, chair, bed or other raised surface. Adult supervision is essential. Always stay close beside your baby and be ready to catch your baby if he or she starts to slip or fall.

Games to Play with Baby

Looking in the Mirror

Babies love mirrors!

Hold a mirror in front and slightly to the **LEFT** of your baby's face and watch your baby enjoy looking at his or her reflected face.



Talk to your baby about what he or she can see in the mirror.

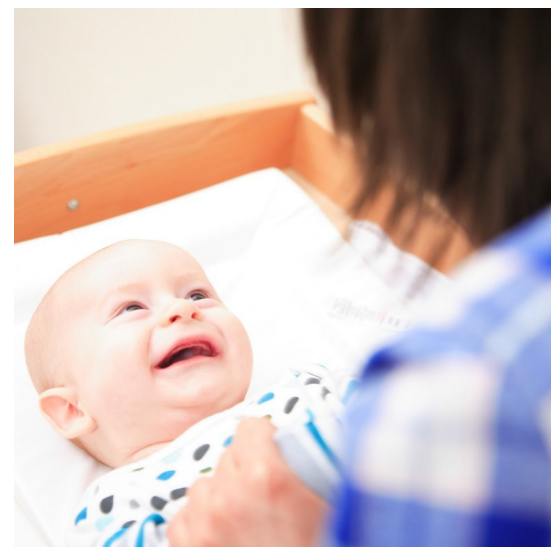
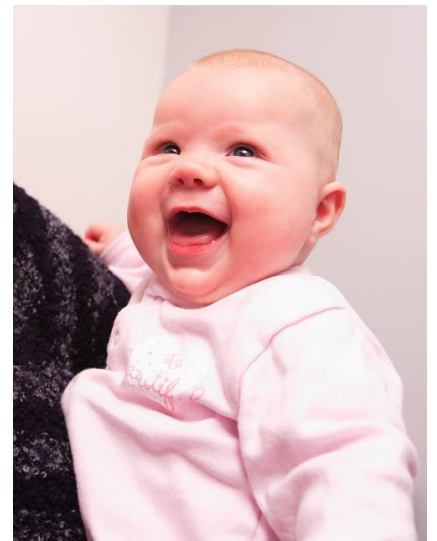
Funny Faces



Babies often love it when familiar people pull funny faces. Combine this with sound effects to make this extra fun!



Position yourself on baby's **LEFT** side and make sure baby can see your face.



Peek-a-boo



It is thought that babies are at least 6 months old before they learn that objects are still there once they have been hidden from view, but babies need opportunities to learn this from earlier on.

You can play Peek-a-boo by hiding your face for just a second or two and then smiling and saying “boo” when you reveal yourself. Sit to the **LEFT** of your baby when you play this game.

You can hide behind your hands:



Or use a blanket or similar:



Blowing Kisses



Blow kisses on the **LEFT** side of baby's tummy, baby's **LEFT** hand and arm, baby's **LEFT** foot and leg, and even baby's **LEFT** cheek.



Making lots of 'kissing' sound effects will make this extra fun!

Copy Me



Try demonstrating opening your hand to do “high fives”.



Give baby plenty of time to respond.



Praise baby's attempts to copy you.



This movement is especially helpful to practice with the **LEFT** hand.



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