

Baby Movement & Acrobatics Blueprint

7-DAY STARTER



PREMIUM EDITION

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WELCOME

Babies are naturally curious.

They kick, reach, turn, grab, stretch, roll, look around—and little by little, they discover what their bodies can do.

You don't need to turn this into a complicated workout.

These seven days are simply an opportunity to slow down, play with your baby, and pay attention to how they move.

Some days your baby may love an activity.

Other days they may not be interested at all.

That's okay.

The goal isn't to make your baby complete every movement.



HOW IT STARTED

When Emma became pregnant, she first heard about baby acrobatics from an old coach.

At the time, the idea sounded interesting, but she didn't give it much thought.

Then their son was born.

When he was around three months old, the idea resurfaced. Olivia and David decided to try a local baby acrobatics class.

They were skeptical.

They weren't sure what to expect.

The class began with gentle warm-up movements. As it became more dynamic, the nerves returned. There was always that question:

“Am I doing this right?”

But then, after a few gentle front and back flips, their son burst into giggles, his eyes wide with excitement.

That moment changed the way they looked at movement.

It wasn't simply about doing exercises.

It was about discovering what a baby could experience through movement and discovering it together.

MORE THAN MOVEMENT

From the beginning, the goal wasn't to create a perfect routine or make every baby follow the same path.

The Main Guide compares a baby's development to a group of people hiking toward the same summit.

Everyone begins somewhere similar.

But everyone finds their own rhythm and route.

Some move steadily.

Some seem to pause.

Some suddenly make a breakthrough.

Some return to something they appeared to have already mastered.

There isn't one single "right" way to develop movement skills.

The important thing is learning to understand your baby's unique learning pattern.

That's why the journey moves beyond simply asking:

"Has my baby reached this milestone?"

It asks us to look at the movement itself.

How does your baby move?

What do they enjoy?

What do they avoid?

How do they respond?

What happens when you give them a little more opportunity to explore?

BECOME A MOVEMENT DETECTIVE

One of the ideas behind this guide is simple:

Observe before you assume.

Your baby is constantly giving you information.

Watch their:

- breathing
- body tension
- eye contact
- coordination
- effort
- engagement
- reactions to different positions

Your job isn't to force the next movement.

It's to notice what is already happening and understand where your baby is in their own journey.

The goal is not perfect observation.

It is developing a deeper, more responsive relationship with your baby's development.

Now let's put that into practice.

HOW TO USE YOUR 7 DAYS

This isn't a test.

You don't have to complete everything exactly as written.

Each day gives you a small experience from a different part of the movement journey.

You'll see a little of:

→ **Warm-Up**

→ **Mobility**

→ **Strength**

→ **Parent-Child**

→ **Dynamic Movement**

Some activities may be appropriate for your baby's stage while others may not be.

Always follow the age, readiness and safety information provided with each exercise.

And throughout the week, keep doing one thing:

watch your baby.

DAY 1

WATCH BEFORE YOU MOVE

Today, don't start with an exercise.

Spend a few minutes with your baby and simply observe.

Let them move naturally.

Look for something you've never paid attention to before.

Maybe it's the way they kick.

Maybe they turn their head toward a sound.

Maybe they reach for something.

Maybe they keep trying a movement that doesn't quite work yet.

Maybe they stop, rest, and return to it later.

Write down what you see.

I noticed...

A movement my baby repeated:

A movement my baby repeated:

Something my baby seemed curious about:

Something they seemed to enjoy:

Something they didn't enjoy:

MOVEMENT DETECTIVE

Today I was especially watching:

- ☐ Breathing
- ☐ Tension
- ☐ Eye contact
- ☐ Coordination
- ☐ Effort
- ☐ Engagement

DAY 2

GENTLE BEGINNINGS

Today we'll use two movements from the Warm-Up and Mobility inside our library.

The purpose isn't to make a long workout.

It is simply to introduce gentle, controlled movement and see how your baby responds.

Bicycle Kicks

Warm-up 🧒 0-6 months (gentle)

Benefits

This gentle exercise can aid digestion, help relieve gas, and support the development of your baby's hip and leg muscles while promoting joint flexibility and coordination. It's ideal to begin when baby is a newborn to ease tummy discomfort early on.

Special notes

- Begin when baby is a newborn so the gentle motion can relieve gas and ease tummy discomfort.
- Schedule sessions when baby is calm and alert, ideally 30+ minutes after feeding to minimize spit-up and maximize comfort.



Quickstart & setup

Lay your baby on their back on a soft surface. Sit comfortably in front of them, hold their ankles, and make sure their hips stay relaxed.

Suggested cadence: Start with gentle, slow movements for 15–30 seconds and gradually build up to about 1 minute, once or twice daily, as long as baby is comfortable.

Step-by-step & movements

Gentle Cycling

Lay your baby on their back on a soft surface and move their legs as if they're pedaling a bicycle. Keep both legs moving together in a smooth cycling pattern and match their comfort level—especially in the newborn stage, the motion should stay slow and gentle.

Adjust the Range

For younger babies, keep the range of motion small with tiny cycling circles. As baby becomes more active (3–6 months), they may start helping with the motion by pushing their legs. For older babies or toddlers cleared by a therapist, explore larger circles that take the joints through a fuller range.

Session Flow

Begin with gentle, slow movements for 15–30 seconds. If baby stays comfortable, gradually work up to about 1 minute of cycling once or twice per day. Reduce the frequency once baby begins rolling or crawling because they'll get plenty of natural leg motion independently.

Variations & progressions

0-3 months

Keep movements slow and light, matching your baby's comfort level. The soft cycling motion can soothe digestion and relieve gas.

3 to 6 months

Expect them to start helping by pushing their legs—follow their lead and let them contribute while you maintain smooth control of the motion.

+6 months

Encourage active movement by letting baby grab their feet or pedal on their own. Once baby begins rolling (roughly 4-6 months) or crawling (around 6 months), reduce the frequency because they'll get plenty of natural leg motion on their own. For toddlers to benefit, they should work under a therapist's guidance.

Parent Body Mechanics

- Avoid hunching or leaning forward – sit tall so your lower back stays supported.
- Move with your arms rather than rocking through your spine.
- Keep shoulders soft and relaxed so the movement stays smooth.

Safety tips

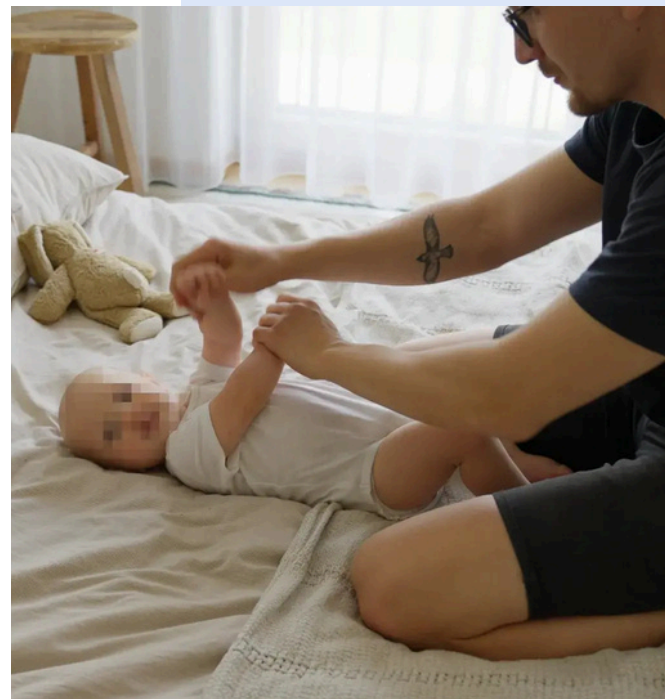
- Pay attention to baby's reactions. If they cry, seem uncomfortable, or resist the motion, stop right away.
- Skip this exercise if baby has a neuromuscular condition unless a pediatric PT/OT specifically clears it.
- Avoid performing if baby recently had abdominal surgery or is being treated for a hip condition such as developmental hip dysplasia, unless you have a healthcare provider's approval.
- Wait at least 30 minutes after feeding to help prevent spit-ups.

Open and Close Arm Swings

Mobility 🧒 Birth to 12 months

Benefits

- Supports shoulder, arms and upper back development
- Enhances core stability
- Improves coordination and motor skills by teaching baby to cross midline
- Promotes body awareness by helping baby understand how their upper extremity moves in space



Special notes

These movements are meant to encourage natural arm mobility and awareness. Keep the exercise gentle, smooth and playful.



Quickstart & setup

Lay your baby in a safe flat surface. Hold baby's hand or thumb gently.

Suggested cadence: Birth to 3 months: Keep sessions short (about 1 minute). 3 to 6 months: Sessions can last up to 2 minutes, as long as your baby is comfortable. 6 months+: Sessions can last up to 2 minutes, as long as your baby is comfortable.

Step-by-step & movements

Open and Close

Slowly move their arms inward across their chest and then bring them apart. Repeat, crossing the arms the other way, then move them apart again. Maintain smooth, rhythmic motions.

Variations & progressions

0-3 months

Gentle, guided arm movements to promote awareness and calm. Keep movements small and smooth. Keep sessions short (about 1 minute).

3 to 6 months

Encourage larger arm movements. Use playful cues such as singing. Encourage the baby to initiate the motion with their own arms as coordination and control improves. Sessions can last up to 2 minutes, as long as your baby is comfortable.

+6 months

Integrate movement into interactive activities during play. Combine arm swings with reaching for toys. Sessions can last up to 2 minutes, as long as your baby is comfortable.

Parent Body Mechanics

- Avoid hunching or leaning forward excessively.
- Lead with your arms and hands instead of rocking through your back.
- Keep shoulders relaxed so the motion stays smooth.
- Adjust your position if you start to feel strain.

Safety tips

- Never force your baby's arm across the chest.
- Stop if the baby cries or pulls away.
- Keep sessions short and playful.
- Avoid this exercise if your baby has arm, shoulder or joint concern.
- Wait 30 minutes after feeding to do this exercise to prevent tummy discomfort.
- If you have concerns about your baby's muscle tone, posture or overall development consult your pediatrician or a pediatric physical or occupational therapist for guidance.

DAY 3

BUILDING BODY CONTROL

The next part of the journey is strength.

Not strength in the way an adult thinks about it.

It's about giving your baby opportunities to experience their body, adjust their position and gradually develop control.

Bench Sit

Balance & Strength 🧒 Birth + Benefits

- Builds core strength by activating abdominal and trunk muscles support.
- Supports spine development.
- Builds a foundation needed for rolling, sitting independently and crawling.

Special notes

- Practice this hold during calm transitions, like after a diaper change, so baby stays relaxed and engaged.
- Focus on connection and gentle movement rather than aiming for a "perfect" posture.



Quickstart & setup

Place one hand under your baby's bottom, gently curving their spine into a soft C-shape. Your other hand supports their chest or back, depending on their head control. Let their knees naturally rise above their hips, which tilts their pelvis slightly.

Suggested cadence: Use slow, gentle movements and keep sessions short. Stop if the baby shows signs of tiredness or fussiness.

Step-by-step & movements

Traditional Bench Sit Hold

Place one hand under your baby's bottom, gently curving their spine into a soft C-shape. Your other hand supports their chest or back, depending on their head control. Let their knees naturally rise above their hips, which tilts their pelvis slightly.

Thigh-Supported Sit

Rest your baby's thighs over your forearms, gently supporting their legs. Keep their back slightly rounded and their pelvis tilted forward. If your baby is younger or less stable, let their head rest lightly against your chest.

Variations & progressions

Birth to 3 months

Goal: Encourages head alignment.

How to Do It:

- Hold your baby close to your chest.
- Support their head, neck and upper back with one hand, and their bottom with the other.
- Let their body form a natural soft C-shape against your torso.
- A good time to practice this hold is during calm movements or after a diaper change.

3 to 6 months

Goal: Core engagement.

How to Do It:

- Move your hands slightly lower, one hand under baby's bottom and the other at their mid-trunk.
- At this stage, less head support is needed, as typically developing infants gain better neck and head control.
- Allow their knees to rise above hips, gently tilting the pelvis forward.
- Use a toy to encourage tracking.

6 months+

Goal: Preparing for rolling and independent sitting.

How to Do It:

- Try short holds on your lap or a low bench, giving them space to adjust to their posture.
- Offer age appropriate toys to reach for as this encourages weight shifting and trunk rotation.

Parent Body Mechanics

- Avoid hunching or leaning forward excessively.
- Gently tighten your abdominal muscles to protect your lower back
- Adjust your position if you start to feel strain
- Keep movements slow and controlled

Safety tips

- Make sure your baby is calm and alert before practicing movement.
- Use slow, gentle movements and keep sessions short. Stop if the baby shows signs of tiredness or fussiness.
- Focus on connection and gentle movement, rather than achieving a "perfect" posture.
- If your baby resists or stiffens, pause and let them rest.
- Gradually increase sessions as your baby shows readiness.
- Watch for fatigue cues such as yawning, arching or turning away, which could indicate that your baby needs a break.
- If you have concerns about your baby's muscle tone, posture or overall development consult your pediatrician or a pediatric physical or occupational therapist for guidance.

Dynamic Bench Sitting

Balance & Strength 🧒 4 months+

Benefits

- Prepares for functional activities needed for play, feeding and interacting with their environment while seated.
- Core Strength Development: Encourages activation of core muscles as the baby stabilizes against gentle tilts or rocking motions.
- Body Awareness: Introduces babies to dynamic movement, enhancing proprioception (awareness of body position in space).
- Balance and Coordination: Helps your baby learn to shift weight and adjust posture to maintain balance during dynamic movements
- Confidence Building: Prepares your baby for independent sitting and supports the development of more advanced motor milestones such as reaching, rolling, and crawling.

Special notes

Dynamic Bench Sitting is a progression from Traditional Bench Sit Hold. Unlike the static hold, this activity encourages babies to move their torso and reach in preparation for sitting independently and transitioning into crawling. Dynamic Bench Sitting is typically appropriate for babies who are showing emerging trunk control and partial head control.



Quickstart & setup

Sit your baby on a low stable surface such as low stool or your lap. Ensure their feet are supported on the floor. Gradually reduce trunk support as the baby gains core stability and balance. Place toys slightly to the side or the front to encourage reaching.

Suggested cadence: Keep sessions short, increasing duration gradually as tolerances improves.

Step-by-step & movements

Setup

Sit on a soft surface or stable chair. Place your baby on your lap, upright, with their feet resting on your thighs. Support them lightly at the hips or torso, leaving your hands free to guide their movements.

Dynamic tilts

Gently tilt your baby side to side or forward and backward, allowing them to adjust their posture to maintain balance.

Dynamic Bench Sitting-Therapy Ball Adaptation

Place your baby on a large firm therapy ball. Keep your hands on the baby as ALL times to help stabilize their trunk or hips. Gently rock the ball forward, backward, or side-to-side. Start with small, slow movements and increase as the baby's trunk control improves.

Variations & progressions

4 to 6 months

Babies can maintain brief supported seating with good head control. Start with hand-on support at the trunk/hips.

6 to 9 months

As babies gain more independent sitting skills, they will need less support and will start showing more active trunk movement.

9 months+

Most typically developing babies will sit independently. Dynamic bench sitting is a great way for them to practice weight shifting, trunk rotation and reaching.

Parent Body Mechanics

- Keep movements slow and controlled.
- Avoid leaning forward excessively
- Support your baby just enough to ensure they feel secure but still allow them to make small adjustments.

Safety tips

- If your baby resists or stiffens, pause and let them rest.
- Keep sessions short, increasing duration gradually as tolerances improves.
- Place a soft mat under the therapy ball for cushioning and safety in case of slips or falls.
- Let the baby move within their comfort and ability.
- If you have concerns about your baby's muscle tone, posture or overall development consult your pediatrician or a pediatric physical or occupational therapist for guidance.

DAY 4

MOVEMENT TOGETHER

There is another side to movement that doesn't involve your baby moving alone.

You become part of the movement.

Flying Baby

Parent-Child 🧒 2-3 months



Benefits

For Baby:

- Neck and Core Strength: Develops key muscles needed for head control, rolling, and crawling.
- Balance and Coordination: Gentle rocking improves spatial awareness.
- Sensory Stimulation: Provides a new perspective and tactile input.

Safety reminder

This activity involves lifting and/or rotating your baby, which can increase the risk of slipping or losing grip. For this reason, therapists generally do not recommend practicing it without close supervision. Move slowly, keep a secure hold, and stop right away if your baby seems uncomfortable.

Special notes

- You can get the same neck/core and sensory benefits by doing supported tummy time.
- Start once your baby can comfortably lift their head during tummy time so they enjoy the hover position.
- Keep hands connected until baby demonstrates stable balance; gradually reduce support as confidence grows.
- Pair the session with songs or counting to help baby anticipate the leg movements.

Quickstart & setup

Start sitting with your legs extended in front of you. Place your baby on your shins. In one movement, lie back while bringing your legs up to a 90-degree angle, supporting your baby as they come up with your shins. Allow them to grip your fingers for security.

Suggested cadence: Hold the Flying Baby position for 30–60 seconds at a time, repeating 3–4 sets. Add leg extensions or mini swings only while baby stays relaxed and engaged.

Step-by-step & movements

Setup

Start with sitting your legs extended in front of you. Place your baby on your shins and in one smooth movement lie back while bringing your legs up to a 90 degree angle, supporting your baby as they come up with your shins. Allow them to grip your fingers for security.

Exercise

Then for the exercise, extend your legs outward and bring them back inwards just like you're doing an ab exercise only with added weight. Keep it smooth and let them find their balance. If they're not balanced, let them keep hanging on to you. But when they do find their balance, you can extend the range of motion and move your legs farther from you.

Variations & progressions

Supported tummy time (alternative)

Place your baby on a mat. Use a rolled up towel and place it under their chest to provide gentle elevation and support. Place toys in front and to the side to increase reaching and improve upper body strength. Use a mirror to help with visual tracking. Make sure to stand by your baby at all times while you are working on tummy time to ensure safety. This supported setup delivers the same neck, core, and sensory benefits if you prefer not to perform the Flying Baby hold.

2-3 months

Focus on static holds with knees bent, letting baby explore the new perspective while gripping your fingers.

3-5 months

Add gentle leg extensions and mini swings, encouraging baby to lift their head and look around.

5 months+

Combine with gentle twists or progress toward Flying Baby to Forward Roll once baby maintains strong control.

Parent Body Mechanics

- Engage your core and keep your lower back pressed to the floor as you extend and retract your legs.
- Maintain a light finger grip and keep shoulders relaxed to avoid over-tightening baby's arms.
- Move slowly and breathe evenly so baby can mirror your calm energy.

Safety tips

- Only perform when baby can lift their head during tummy time (typically 2-3 months).
- Keep movements smooth and controlled.
- Let baby grip your fingers for security.
- Start with smaller range of motion and increase as baby gains balance.
- If you have concerns about your baby's muscle tone, posture or overall development consult your pediatrician or a pediatric physical or occupational therapist for guidance.

Feet-to-Chest Lift

Parent-Child 🧒 3-4 months

Benefits

- Strengthens baby's back, neck, and core while reinforcing head control.
- Provides tummy-time style weight-bearing in a novel orientation.
- Builds confidence, balance, and trust through shared movement.
- Parents gain leg and core activation, improving partner balance skills.



Safety reminder

This activity involves lifting and/or rotating your baby, which can increase the risk of slipping or losing grip. For this reason, therapists generally do not recommend practicing it without close supervision. Move slowly, keep a secure hold, and stop right away if your baby seems uncomfortable.

Special notes

- Think of this as partner acro yoga—keep it playful and avoid pressing your feet hard into baby's chest.
- Progress slowly from full torso support to light hand holds only when both of you feel secure.

Quickstart & setup

Sit down, bend your knees, and lift your shins so your lower legs are parallel to the floor. Position baby facing you with their chest near the soles of your feet.

Suggested cadence: Hold each lift for 5–10 seconds, repeating 3–5 times per session. Increase duration gradually as balance improves while keeping the interaction playful and responsive.

Step-by-step & movements

- Think of this as partner acro yoga—keep it playful and Anchor Your Base
- Sit tall, bend your knees, and raise your shins so they form a tabletop. Engage your core and plant your hands behind you for balance.
- Lift for Younger Babies
- Support baby under the armpits, lift them so their chest meets your feet, then lean back and extend your legs until most of their weight is supported by your soles. Keep a light hold at their torso or hands as you balance together.
- Balance and Return
- Maintain the lift for a breath or two, then bend your knees and guide baby back toward your lap before repeating or switching grips.

Variations & progressions

3-4 months (Beginner)

Support baby under the armpits or at the torso the entire time, focusing on short lifts with lots of verbal reassurance.

6 months+ (Standing Partner)

When baby can stand independently, let them start from standing, hold their hands with soft tension, and balance together without pushing into their chest.

Parent Body Mechanics

- Keep your spine long and core engaged as you lean back into the lift.
- Guide baby up with the soles of your feet but avoid pressing forcefully into their chest.
- Use a light hand connection for balance and maintain eye contact to reassure them.

Safety tips

- Only perform when baby has good head control (3-4 months for beginner variation).
- Only perform advanced variation when baby can stand independently.
- Pay attention to maintaining balance and never putting too much force on their chest.
- Never push your legs into the baby's chest – just find the balance.
- If you have concerns about your baby's muscle tone, posture or overall development consult your pediatrician or a pediatric physical or occupational therapist for guidance.

DAY 5

WHAT HAPPENS WHEN YOU CONNECT THE PIECES?

By now you've experienced different parts of the movement library.

Today, we're going to stop adding.

Instead, combine.

Try:

1. A gentle warm-up

→ Bicycle Kicks

2. A mobility movement

→ Open and Close Arm Swings

3. A strength movement

→ Bench Sit

4. A parent-child movement

→ Flying Baby

You don't have to do all four if the session doesn't suit your baby today.

The point is to start seeing how the pieces can fit together.

MY SESSION

We started with:

Then:

We finished with:

My baby responded by:

DAY 6

A STEP INTO DYNAMIC MOVEMENT

The movement journey doesn't have to stay still.

Your library also explores dynamic movement.

But this is where **readiness and control become especially important.**

Today, you'll see two examples.

Dynamic Lap Swings & Rocks

Acrobatic Exploration 🧒 3-4 months

Benefits

- **Core Strength:** Strengthens abdominal muscles and supports postural control.
- **Hip Flexibility:** Promotes mobility and reduces stiffness in the hip joints.
- **Spinal Mobility:** Encourages healthy spinal movements through gentle rocking and lifting.
- **Coordination:** Enhances proprioception and motor skill development.
- **Spatial Awareness:** Helps your baby become accustomed to swinging and moving in space, building confidence.
- **Helps Prevent W-Sitting:** Supports healthy hip positioning and reduces the likelihood of W-sitting habits.



⚠️ Safety reminder

This activity involves lifting and/or rotating your baby, which can increase the risk of slipping or losing grip. For this reason, therapists generally do not recommend practicing it without close supervision. Move slowly, keep a secure hold, and stop right away if your baby seems uncomfortable.



Special notes

- Start once your baby has strong head and neck control so they can participate safely and enjoy the swings.
- This stretch not only strengthens your baby's core and hips but also helps them become accustomed to dynamic movement and spatial orientation. The added swinging motions make it fun and engaging, fostering confidence and a sense of adventure!

Quickstart & setup

start sitting down or standing up with your baby's back against your chest. The easier variation is starting seated, and later when you're more confident you can start this exercise standing up. Your arms go from underneath their armpits to support their weight.

Suggested cadence: Play for 1-2 minutes at a time, alternating between swings, figure eights, and gentle rocks. Pause if baby stiffens or loses interest, and resume only when they re-engage.

Step-by-step & movements

Starting Position

Start sitting down or standing up with your baby's back against your chest. Begin from a bench sit position. With your arms placed underneath the baby's armpits, grab their shins and put their soles together.

Diamond Position

Lower them into a diamond sitting position with their arms on top of your arms. You can freely start swinging them and rocking them.

Movement Variations

You can now do smooth swings, tilt your baby side to side, or guide them in a figure eight pattern. Focus on fluid transitions between movements.

Variations & progressions

3-4 months (Seated Support)

Remain seated with baby against your chest, focusing on small swings and gentle side-to-side rocks.

4-6 months (Standing Swings)

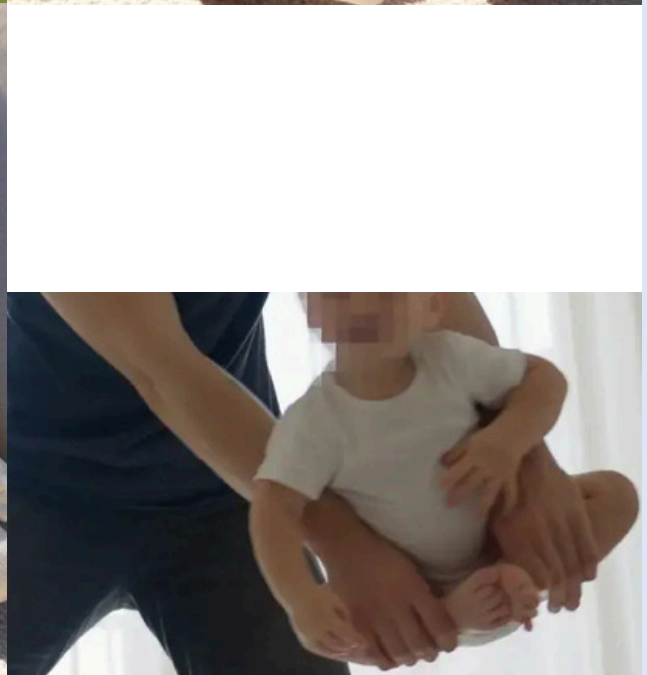
Transition to a standing base for wider arcs, figure eights, and light forward/back pulses while keeping hips supported.

6 months+ (Dynamic Patterns)

Let baby help initiate the direction changes, exploring diagonal swoops and mini lifts as coordination develops.

Parent Body Mechanics

- Keep your legs about hip width apart to maintain a stable base of support and good balance during the activity.
- Sit tall with your back straight to avoid slouching or leaning too far forward.
- Engage your core muscles and let your legs and hips guide the movement.
- Ensure all movements are smooth and controlled to prevent any strain or discomfort.
- Perform the movements smoothly and observe your baby's comfort level.
- Keep the baby's hips supported and stable throughout the exercise.
- Gradually increase the range of motion as your baby grows stronger and more confident.
- When swinging, ensure your movements are smooth and avoid jerky motions.
- Stop immediately if your baby shows signs of discomfort or fatigue.
- Avoid swinging too high or fast, especially if your baby is new to these motions.

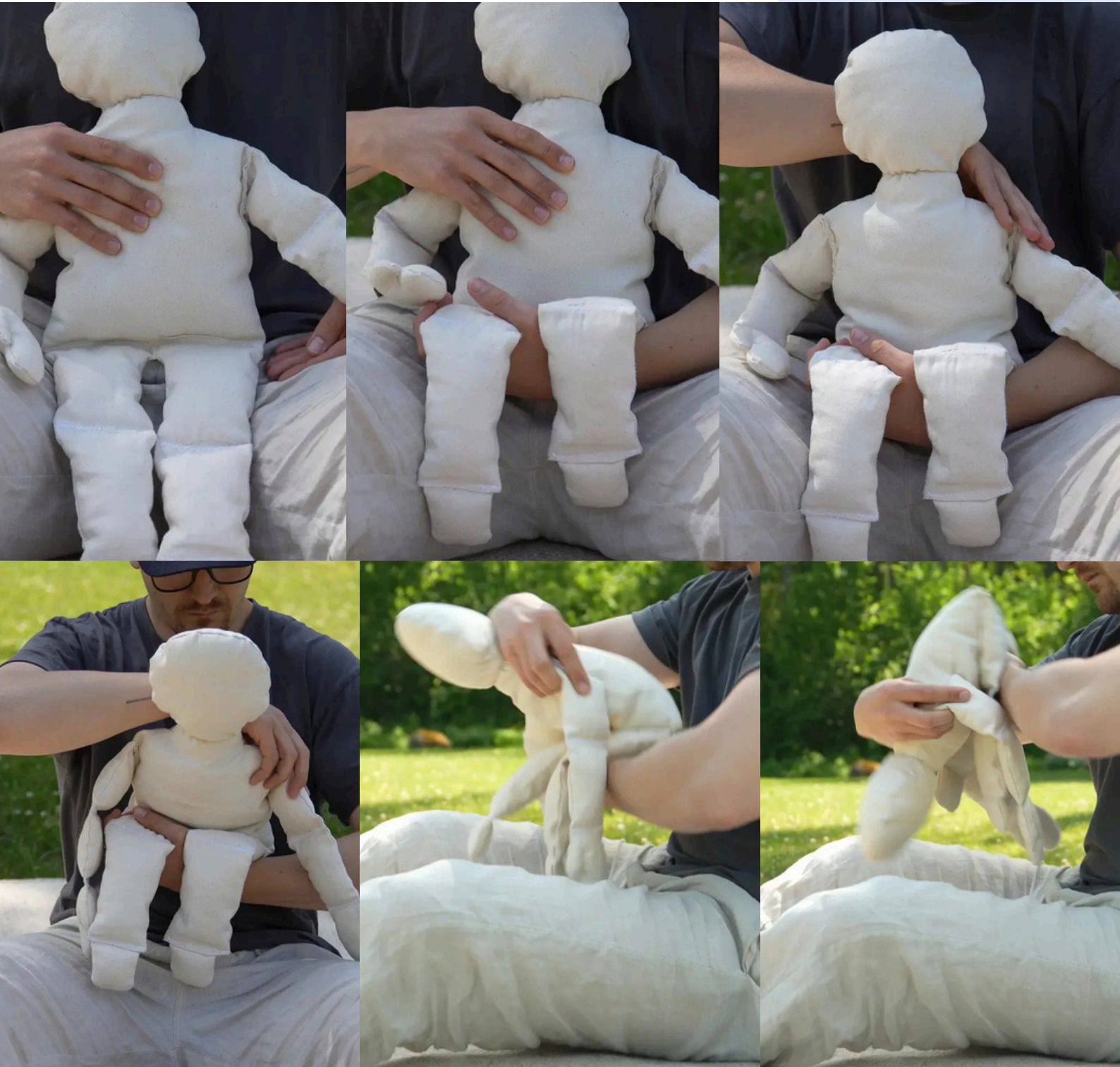


Safety tips

- Only perform when baby has strong head and neck control (typically 3–4 months).
- Start seated for easier control, progress to standing when confident.
- Keep movements smooth and controlled.
- Avoid jerky motions or swinging too high/fast.
- Avoid after abdominal surgery or when under treatment for hip issues unless approved by a healthcare provider.
- Avoid vestibular activities if the baby has certain medical conditions such as neuromuscular disorder, recent surgery, or inner ear issues.
- Wait 30 minutes after feeding before engaging in vestibular activities to prevent spit ups.
- Stop the activity if your baby gets very fussy, pale, loses interest, or seems dizzy.
- Stop if baby shows any signs of discomfort or fatigue.
- Always maintain close supervision; therapists generally do not recommend this for unsupervised home practice.
- If you have concerns about your baby's muscle tone, posture or overall development consult your pediatrician or a pediatric physical or occupational therapist for guidance.

Forward Roll

Acrobatic Exploration 🧒 3-6 months



Benefits

- Enhances core strength by activating abdominal and back muscles.
- Stimulates the vestibular system, improving balance and spatial awareness.
- Promotes body coordination as your baby learns to manage rolling motions.
- Builds trust and strengthens the bond between you and your child.
- Gives babies confidence and the ability to do barrel rolls themselves.

Safety reminder

This activity involves lifting and/or rotating your baby, which can increase the risk of slipping or losing grip. For this reason, therapists generally do not recommend practicing it without close supervision. Move slowly, keep a secure hold, and stop right away if your baby seems uncomfortable.

Special notes

- Start once your baby has strong neck and back control so they can stay engaged safely.
- Narrate each part of the roll (“tuck, roll, sit”) so baby anticipates what happens next.
- Practice gentle rocking forward and back before attempting the full roll to help baby feel the pathway.

Quickstart & setup

Sit on the ground with your legs extended. Place your baby on your lap facing outward to begin the exercise. Work on a soft mat or carpeted area so the roll feels cushioned.

Suggested cadence: Start with 2 assisted forward rolls per play session and gradually increase to 3-4 as baby shows excitement and keeps their chin tucked.

Step-by-step & movements

Starting Position

Sit on the ground with your legs extended and place your baby on your lap facing outward. Place your dominant hand on the opposite shoulder of your baby and the other hand underneath their foot, gripping the opposite thigh.

Guide into a Roll

Gently lift your baby and start tilting them forward, encouraging them to tuck their chin to their chest. Support their motion as they roll forward on your lap, helping their body curl naturally.

Complete the Roll

Gently guide them through the roll until they reach a sitting position. Use smooth controlled movements to ensure that your baby feels secure, maintaining constant support throughout the exercise.

Variations & progressions

3-4 months

Support the shoulders and hips through mini-forward rocks, pausing before baby fully rolls.

4-6 months

Guide baby through the full forward roll, encouraging a firm chin tuck and smooth landing in sitting.

6 months+

Let baby initiate by leaning forward while you provide light support at the hips and shoulders.

Parent Body Mechanics

- Always encourage a tucked chin to protect your baby's neck during the roll.
- Use smooth, controlled motions to maintain balance and avoid any jerky movements.
- Speak reassuringly to your baby to keep the activity fun and engaging.

Safety tips

- Maintain constant support throughout and remember this exercise carries a higher fall and neck strain risk, so move slowly, keep baby's chin tucked, and use secure grips at the shoulders and hips.
- Always encourage a tucked chin to protect the neck.
- Avoid if your baby has a known neuromuscular condition, spinal/hip/neck issues unless cleared by your therapist or physician.
- If you have concerns about your baby's muscle tone, posture or overall development consult your pediatrician or a pediatric physical or occupational therapist for guidance.

DAY 7

NOW FOLLOW YOUR BABY

You've spent the week doing something very simple:

watching.

You've seen how one movement can prepare for another.

You've experienced movement that is:

- gentle
- exploratory
- strengthening
- shared
- dynamic

Today, don't follow a complicated routine.

Look back at what you observed.

WHAT DID YOUR BABY RESPOND TO?

A movement they enjoyed:

A movement they wanted to repeat:

A movement they weren't ready for or didn't enjoy:

Something new I noticed this week:

BUILD YOUR OWN LITTLE SESSION

START

Choose one movement your baby has already experienced.

ADD

Choose another movement.

CONNECT

Choose a parent-child activity if appropriate.

OBSERVE

Give your baby time to respond.

What happened?

YOUR 7-DAY MOVEMENT RECORD

Day	What we practiced	Baby's respons	What I noticed
1			
2			
3			
4			
5			
6			
7			

THIS IS ONLY THE BEGINNING

You have now seen a few pieces of the movement journey.

A few warm-ups.

A couple of mobility movements.

Some strength work.

Movement with a parent.

And a glimpse of dynamic exploration.

But the important part isn't the number of exercises.

It's beginning to understand **how the pieces fit together.**

The complete The Baby Movement System takes that much further, bringing the broader movement library, variations, progressions and different stages into one place.

So instead of having to search through everything yourself and wonder what comes next, you can explore the wider journey step by step.