



MAT TIME

Connect & Move

1

CONNECT

In your mat space (on a mat on the floor beginning after the first two weeks of life) begin with baby on their back. If baby is sitting unassisted, you can begin seated. Connect with baby. Make funny face, smile, sing or simply make eye contact and be present together.

2

MOVE

On back or sitting unassisted, lets move! Engage them in age appropriate head turning side to side up and down while connecting with baby. Use happy arm movements, fun face touching etc.

3

SIDE REST

With baby on their back, calm and engaged, use their hips to assist rolling to their side, and hold here. Ear, shoulder and hips should be in alignment. Engage! One side will be easier than another. Cheek should, eventually, rest flat on the mat with ear, shoulder & hips in alignment.

4

TUMMY TIME

From side-lying using hips, slowly assist baby rolling onto their belly. Once settled, use the hip lift if the arm(s) get stuck. Place yourself in eyesight of baby and connect & play. Use toys, books, siblings or caregivers voice to initiate movement looking side to side & up and down. Have fun!

5

ROLL OUT

Before baby becomes unregulated (BEFORE crying or other distressed sounds), roll baby onto their back: Tuck babies arm to body with fist to face, carefully roll baby over that same shoulder.

6

PICK UP

Once baby returns fully to their back, pick them up and snuggle them to chest and breathe.

7

START AGAIN

Once baby is regulated, lay them on their back and begin again rolling to the opposite side. Aim to do each side 2-5 times each Mat Time session. Don't worry, technique, movement, engagement and enjoyment will improve with time.