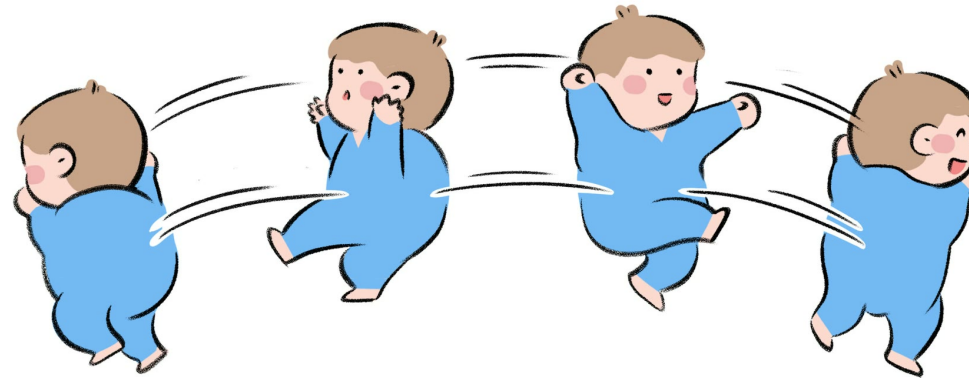




Roll into Your Arms

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Roll into Your Arms

Mom and Dad take turns lying on either side as your baby progresses from a fully supported roll toward rolling independently.

Helps Your Child Grow



Gross Motor

Your baby works to roll toward you, practicing both tummy-to-back and back-to-tummy movement while gaining more control of their body.

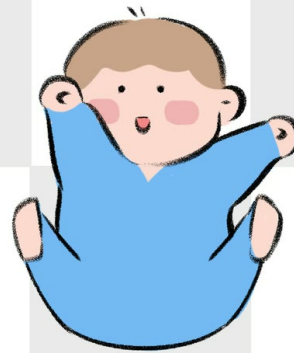


Relationships with Adults

Landing safely in your arms gives your baby a joyful reason to keep trying.



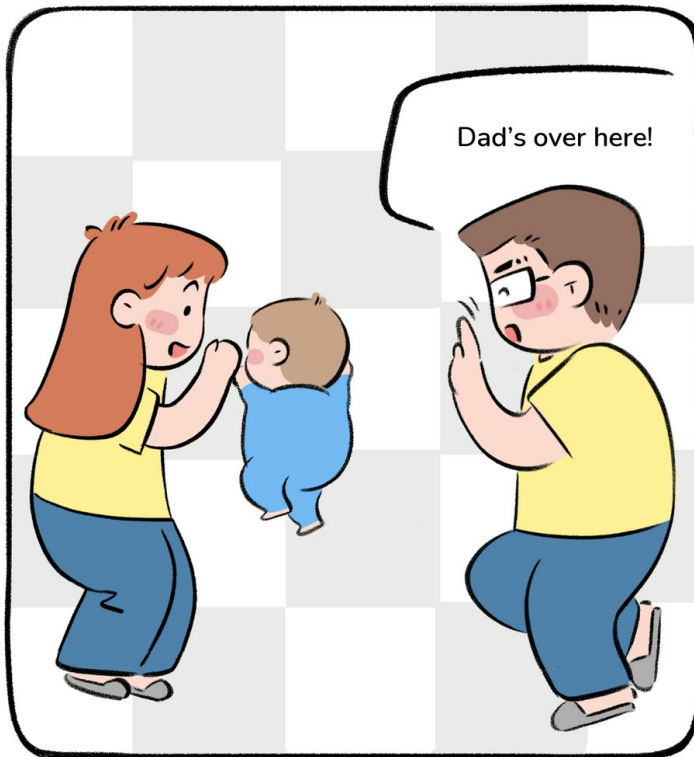
What You'll Need



No materials needed. Start when your baby is awake and content.

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No materials needed.



Feel the Roll: Tummy to Back

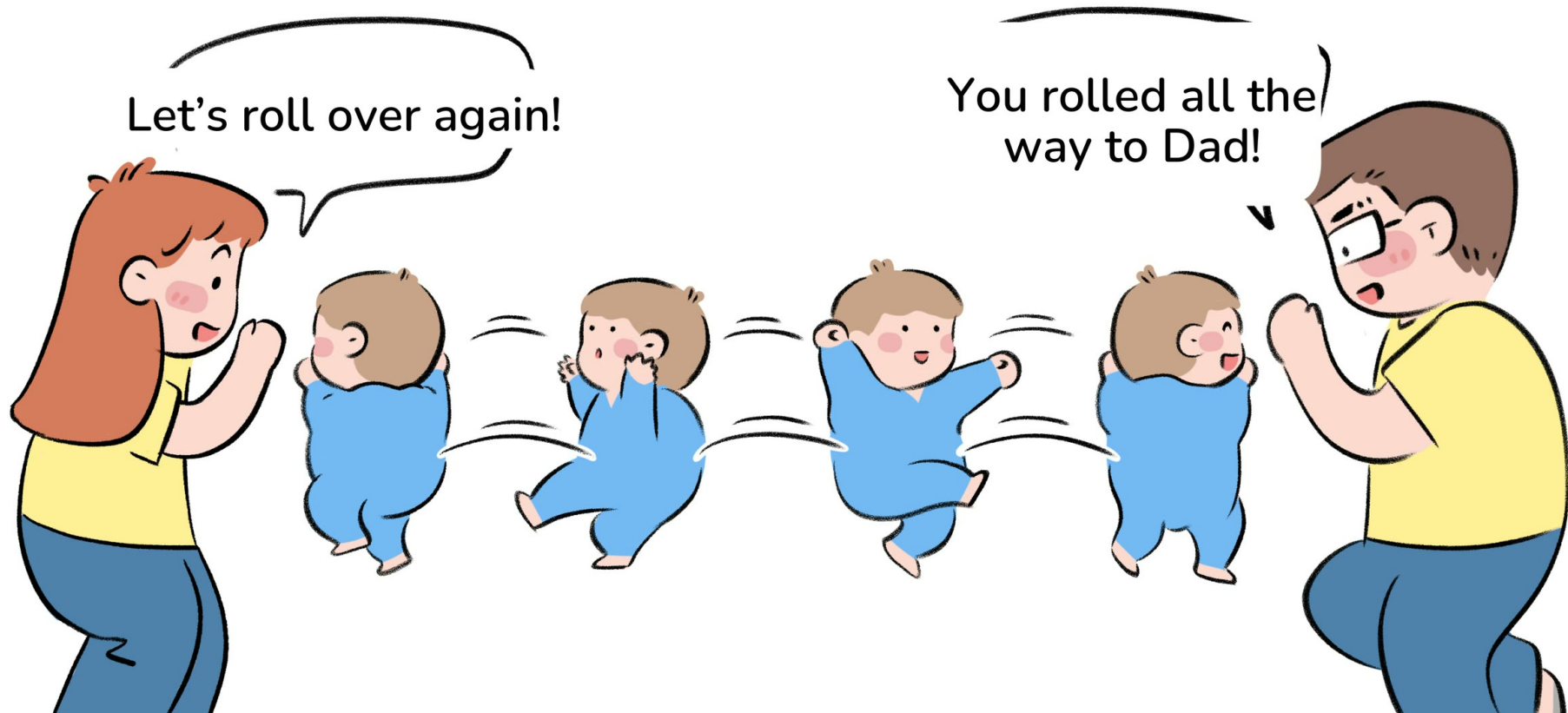
While Mom gives your baby tummy time, Dad lies nearby and calls to them. When your baby shows that they want to move closer, Mom supports their body and slowly helps them roll toward Dad.

Observations

- Tries to roll to one side with your help
- Pushes up on their arms during tummy play

Tips

- Your baby may not roll independently yet. Support their shoulders, belly, or hips with both hands and slowly guide the body to one side so they can feel the rolling motion.
- Rolling into your arms gives your baby a powerful reason to move, turning repetitive practice into a warm game you share.



Roll the Other Way: Back to Tummy

When your baby rolls toward Dad, welcome them with a hug and praise. Then switch roles: Mom lies down while Dad helps your baby roll toward her. With each turn, your baby experiences moving their body to reach the waiting parent.

Observations

- Smiles after rolling close to Mom or Dad
- Continues the movement by rolling from back to tummy

Tips

- Welcome your baby with a hug and warm praise after the roll. A joyful response can make them eager to try the movement again.
- Rolling from one side to the other lets your baby experience that moving their body can carry them toward a person or place they want to reach.
- Tummy-to-back and back-to-tummy rolls move in different directions and may differ in difficulty.



Roll on Your Own

As your baby becomes more confident, reduce your assistance and invite them to roll back and forth between Mom and Dad. If an arm becomes trapped beneath the body, help move it toward the chest so your baby can continue the roll.

Observations

- ☐ Rolls back and forth between two caregivers
- ☐ Tries to roll toward you after hearing your voice

Tips

- When your baby rolls independently, describe exactly what they did: “You worked hard and rolled all the way over!”
- Learning to roll independently happens gradually. Watch what your baby can do and offer help when they need it.
- Repeat the game while your baby remains interested. If they appear tired, fussy, or disengaged, pause and rest.
- Rolling is one of your baby’s earliest ways to move independently. It lets them change position, explore nearby space, and move toward something interesting.