

Push Backs are a Dead-End Job!

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Some babies are so anxious to get up and at it that they try to lever themselves up off their support by pushing back with their head, arms and even heels.

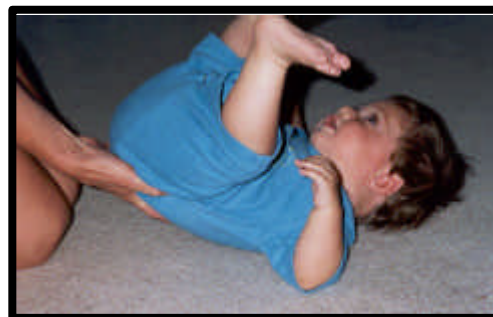
This often traps them into a reflex action which pulls them into gravity. Unfortunately, this combination of muscle work doesn't contribute to any functional movements, all of which involve moving away from gravity.

Car seats and bouncy chairs are a real trap because they reinforce the pushing back. Try using rolled receiving blankets under the knees to make a "bum nest" and behind the shoulders and arms to help bring them forward.

Curl-ups help to undo the push-back, and it is important to stretch out the over-worked muscles. Try to do one or two with each diaper change.

For floor playtime, you can build a curl-up by using a folded towel or receiving blanket under buttocks or head and shoulders.

Remember "Tummy Time is Terrific" and a great way to use the same muscles to move away from gravity.



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