

Notes :

**1 Football Hold (right head tilt)**



**Freq: 3-5x/day Duration: 10-30 seconds**

Cradle your child in your arms on his/her right side (child will be facing away from you). Allow the child's neck to rest on your right arm to separate the neck from the shoulder. Place your left hand between the child's legs under the child's body to support his/her weight.

**2 Football Hold (left head tilt)**



**Freq: 3-5x/day Duration: 10-30 seconds**

Cradle your child in your arms on his/her left side (child will be facing away from you). Allow the child's neck to rest on your left arm to separate the neck from the shoulder. Place your right hand between the child's legs under the child's body to support his/her weight.

**3 Right Cervical Rotation**



**Freq: 3-5x/day Duration: 10-30 seconds**

Place your right hand on the child's left shoulder or trunk to stabilize and your left hand under the child's head. Slowly move your child's chin toward the right shoulder. Place a toy on the right side for entertainment.

**4 L cervical rotation**



**Freq: 3-5x/day Duration: 10-30 seconds**

Place your left hand on the child's right shoulder or trunk to stabilize and your right hand under the child's head. Slowly move your child's chin toward the left shoulder. Place a toy on the left side for entertainment.

**5 Sidelying positioning**



**Freq: 3-5x/day**

During supervised playtime, place child on his/her left side with his/her head on a small towel roll to stretch the left side of the neck. Place a toy in front, or talk to him/her for entertainment.

## 6 Sidelying positioning



### Freq: 3-5x/day

During supervised playtime, place child on his/her right side with their head on a small towel roll to stretch the right side of the neck. Place a toy in front, or talk to him/her for entertainment.

## 7 Tummy time



### Freq: 3-5x/day

Place child on his/her tummy. Place a toy in front of the child to encourage him/her to lift their head up and bear weight on his/her hands.

## 8 Pull to sit



### Freq: 3-5x/day

With child lying on his/her back, grasp his/her hands and pull him/her to sitting position. Do not let the head drop back behind the shoulders and encourage a chin tuck