

Positioning Ideas for Infants at the 2-4 month Developmental Level

Prone over shoulder: a modified tummy time position for comfort, positive touch, neck & back strengthening.



Prone on caregiver chest at incline: for neck and back strengthening & visual (social) interaction.



Supported active tummy time (prone): for neck, back and arm strengthening in preparation for sitting & crawling.

can start 2 weeks after chest closure



Supported independent (supervised) tummy time for play. **can start 2 weeks after chest closure**



Supine (back lying) cradled in arms: encourages infant-caregiver interaction, reaching skills & visual activity.



Supine in caregiver's lap: encourages focusing, reaching skills & social interaction.



Supported sit on caregiver: to practice sitting skills while socially interacting.



Supported upright sitting in bouncy seat: encourages visual and social interaction, lung development & hand-eye coordination.

