

Learning to Roll

How can I help my baby learn how to roll over?

Learning to roll over is an important skill for your baby. Your baby may find it more difficult to roll over from his back to his tummy to reach for a toy. The following exercises are fun ways to practice teaching your baby how to roll from his back to his tummy.



Start with your baby on his back. His top leg should be bent and his bottom leg should be straight. Roll him halfway over from the hips and then all the way over to his tummy. Assist your baby at his shoulders to help him return to his back.



Some babies are a little fearful when first learning to roll over. He may not enjoy spending time on his tummy and resist rolling to his tummy. You can help by rolling him to his side a few times before going all the way over to his tummy.



Rolling is very hard work for your baby. He may need time practicing the movement before he is comfortable. Watch his face for signs of fear or discomfort and take a break if he seems distressed.



Most infants learn to roll over by six months of age. Have fun with your baby; keep the play sessions short and frequent. Several minutes each session, several times a day is helpful for building strength for rolling. Your baby will let you know if he is tired or unhappy. Soon he will be rolling all by himself!

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult your doctor.