



Effective Ways To Encourage Rolling Over In Babies



Give your baby enough tummy time under supervision.

Hold a toy above their head level to encourage them to move closer to the toy.



Place the baby down, roll them to one side, and let them get back by themselves.

Limit the time on baby equipment, such as bouncer chairs.



Put the baby on the back and place a toy on their side to encourage rolling.

Encourage your baby to play in a midline position for movement around the body's invisible line in the middle.

