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**Prone**

Why lying on your tummy /prone is important

* Strengthen neck, back and shoulder muscles
* Improve head control
* Progresses to learning to 4 point kneel and crawl

What to check for

* Nose and mouth are clear so breathing is not interrupted
* Head is turned to one side if not able to lift
* Surface is soft in case head drops suddenly
* Arms are not trapped under body and are in position ready for forearm prop
* Hips are apart without crossing of the legs
* Bottom is relaxed and resting down on the floor

What you may need

* A rolled up towel under the upper chest may help with lifting the head
* Have suitable toys in front to stimulate lifting the head and reaching