

## **Hip sequence No. 2 – ideal for babies from eight weeks to four months**

This sequence is a more energetic version of the first hip sequence and adds some new moves.

### **1 Rolling knees**



Hold your baby's shins or calves (not knees) and gently bring them as close to the body as the nappy and your baby allow. Circle them in the same direction as each other, in both directions. Start with small movements gradually increasing them as your baby gets more used to them.

### **2 Acrobatic Half lotus (\*)**



Holding on to your baby's shins, gently bring the left foot up to 'tickle' the right ribs and then up to the right armpit. Do not force and press the heel on the side, wherever it reaches easily. Repeat on the other side.

### **3 Butterfly (\*)**



Gently encourage the soles of your baby's feet together by holding on to their shins and encouraging their knees to open out. Gently push the feet into the abdomen. Never force the hips to open out further than they want to go.

### **4 Hip closing**

Holding the outside edges of your baby's thighs, gently stroke the hips and thighs in towards each other, closing the legs from the tops all the way down to the knees and feet. Repeat 2-3 times.

### **5 Push and counter push**



Gently but firmly press the palms of your hands against the soles of your baby's feet. Release, and repeat. Your baby may respond and push against your hands. When this happens, increase the pressure a little. You can also press one foot at a time, which will encourage kicking.

### **6 Leg stretch and drop**



Hold on to one shin/calf in each hand and gently lift your baby's legs perpendicular to his/her body and then let them flop down relaxed. Keep your baby's spine and bottom in contact with the ground. Co-ordinate your own breath with this movement; breathe in as you lift, then breathe out as you let go.