

Why is the Bird a good tool in the baby's motor skill development?

Read here our interview with physiotherapist Lene Jørgensen, who has helped develop The Bird in collaboration with Units.

"My name is Lene Raadkjær Jørgensen and I have been a physiotherapist for 10 years in Esbjerg. I started as a clinic physiotherapist in January 2008, where I mostly had citizens with back, neck and pelvic problems. In connection with me becoming the mother of two children in 2009 and 2012, came the interest in children's development. The clinic was expanded with new facilities in the year 2012, so when I came back from the 2nd maternity leave, I started with toddler groups for the little ones, what we today call BabyTummel. In 2017, I also started having teams for kids aged 3-4 year.

Since then I have worked with motor skill development and sensory development. Now my physiotherapeutic work consists mostly of mother groups who come to BabyTummel - I have up to 12 teams a week. The teams focus on what the parents can do with the baby and how to stimulate the child's senses with good games and activities and thus help them get to know their body. If I see someone falling outside the expected motor pattern, then I set specific exercises in motion.

"Since 2013, I have been running a series of pediatric courses at a school in Prague, where you learn to look at the very small details of children's development in the first years."



Children in good balance, what is it all about?

At Bornigodbalance.dk and babytummel.dk, I address parents and professionals who, through motor development and sensory stimulation, want to create even better times for Danish families with children. Primarily, my baby teams are about creating balance in how baby uses itself.

It is important for the little ones to strengthen their core, i.e. build strength all the way around the stomach and the back. This build-up of stability should be well underway at 3 months of age. The primary thing in building this is that the baby is allowed to lie on its stomach.

Mothers hear over and over again that their baby needs to lie on its stomach to become strong in the back muscles, but they also need to build strength and stability in their front and stabilizing core. The baby builds this strength and stability by lying on his or her stomach and working from the specific support points.

At 3 months of age we would like to see baby pushing off on the inside of the elbows and in addition support on the pubic bone. By helping the baby to have these support points, we help the baby to build the good stable body core and balance between front and back.



What age group is the Units bird useful for?

The bird is usable for three stages of development.

0-4 months

The bird is a good tool for the very small babies who find it hard to lie on their stomach. By placing the baby on the bird's beak with the head up, they can get a little help to lift the head. It's about getting well from the start, and the baby initially has the help of lying on a sloping surface. When the baby has become comfortable lying on his stomach and is good at lifting and holding his head up, then you can put books under the beak of the bird so that the slope of the beak gradually becomes smaller. That way, it becomes more and more challenging for the baby to lie on its stomach.

The material for the bird is amazing. It is soft and warm, yet completely firm, so the baby is allowed to use his arms actively to push off. That the baby actively pushes away with the arms is important for building contact with the stabilizing core.

Should the baby get tired and "lose his head", the baby does not hit the bird hard.

7-12 months

I also use the bird on my crawling teams, i.e. from approx. 7-10 months and up. The small toddlers can crawl to the beak and can get up to stand on it, as it is completely stable. They also like to climb up on it and over it. If the beak is part of the furniture in the home, then it can create a good setting for the game - it is fun to climb on, set things up or drive cars down.

When the child walks

Once baby is up and walking and walking stably, we can start playing with levels. It takes a somewhat different coordination to go up the hill of the beak than straight ahead. Here the bird is again good to lay in the middle of the floor in the living room.

The Bird can also be used motorically as part of a balance course when playing "the soil is toxic".

What does a good long-term physical development do for the child?

"The better we can activate the stimulation and training of the child's body cores in the first year, the more we prevent injuries and discomfort in the musculoskeletal system later in life. It is in the first months that this stabilization kicks off in the supine position.

If we are good at stabilizing our body and especially our stomach and back, then we will also experience fewer problems in the entire musculoskeletal system in the long term.

Good motor skill development means that you have more profit for everything else, roughly speaking; the less conscious brain capacity we need to control the body, the more surplus we have for learning and social activities. The better we know our senses and our body - the more of the motor skill planning happens automatically - that is, outside our consciousness.

It means a lot to get off to a good start on that motor skill journey. Good motor skills and feeling with the body contribute to us being able to sit still better, be able to follow our friends on the playground better, and that we get more profit for learning and social interaction - in short, greater success experiences in life. "