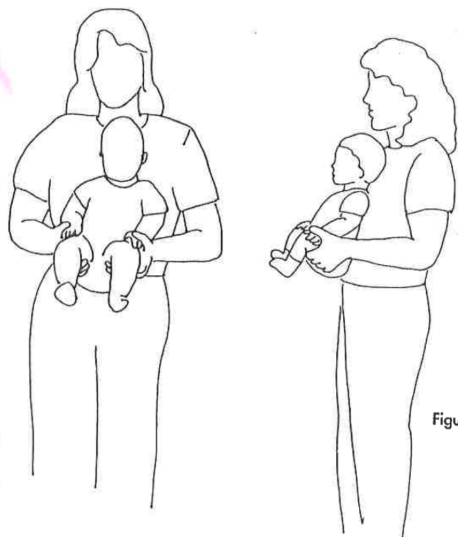


Carrying



Notes for Therapists

For the child with hypotonicity, this position promotes stability of the hip and pelvis while the child learns to balance his or her body.

For the child with leg extension hypertonicity, the flexed position of the hips and knees can help to relax muscle tone and allow the child to learn to balance his or her body.

Notes for parents

Encourage

- Head in line with the body, chin tucked, body straight
- Arms forward and down, hands together
- Hips bent, legs relaxed and together

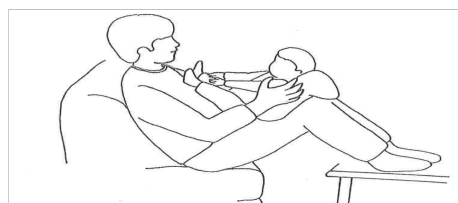
Helps to

- Develop eye contact with your child's hands and legs
- Enable hands to reach and touch the legs
- Develop stomach muscles
- Reduce arching of the body
- Maintain muscle flexibility of the legs and back

Play ideas

Make faces at each other, imitate sounds, or sing songs together. Put bracelets on the child's feet to entice the child to reach and touch legs. Put a toy on the child's stomach and help the child to feel and look at the toy. Try baby massage

Child on your lap



Notes for Therapists

Supine is developmentally significant for elongating the extensor muscles of the trunk, pelvis, and hips and activating the flexors of the trunk and hips. The child learns to discover his or her hands, legs, and feet in supine with visual, tactile, and oral exploration

Notes for parents

Encourage

- Head up
- Body straight, shoulders down, arms forward and down
- Hips and knees bent

Helps to

- Reducing the arching of the body
- Develop head control, allowing the child to see more of the surroundings
- Lengthen the muscles on the back of the hips
- Encourage reaching, hands together

Play ideas

Walk around and show the child objects in the house or in the yard, look into a mirror, or look out a window. Talk about what you see in your home or outside and allow the child to touch things. Play movement games such as walking fast or slow, front to back, dancing, walking in a circle.

Back lying, reaching hands to feet with support at shoulders



Notes for Therapists

Baby scheme is developed through self-exploration. The child learns about the feet through proprioceptive input from banging his or her feet on the surface, visual recognition of the feet when lifting the legs in the air, tactile system by touching his/her feet with his hands. Finally completes exploration of feet through oral exploration. The child also learns eye-hand coordination when reaching for and grasping the feet.

Notes for parents

Encourage

- Head in line with the body, chin tucked, body straight
- Arms forward and down, hands toward feet
- Hips bent, legs lifted and together

Helps to

- Develop eye contact with your child's hands and legs
- Enable hands to reach and touch the legs
- Develop stomach muscles
- Reduce arching of the body
- Maintain muscle flexibility of the legs and back

Play ideas

Make faces at each other, imitate sounds, or sing songs together. Put bracelets on the child's feet to entice the child to reach and touch legs. Put a toy on the child's stomach and help the child to feel and look at the toy. Try baby massage.

Back lying, playing with hands



Notes for Therapists

Reaching to midline activates the pectoral muscles in synergy with the abdominal muscles while elongating the muscles between the scapula and extensors of the neck. Reaching in supine can be easier for the child because the table can provide support for the scapula. This can help prepare the child to be able to reach in the sitting position because active muscle stabilization at the shoulders is necessary to support the arms for free movement in space

Notes for parents

Encourage

- Head in line with the body, chin tucked, body straight
- Arms forward, hands reaching forward in the middle
- Hips straight, legs straight and together

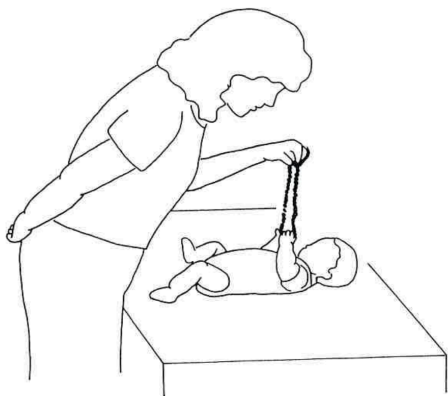
Helps to

- Develop eye contact with you and child's hands
- Enable hands to reach forward into space
- Reduce arching of the body
- Lengthen the muscles in the front of the hips

Play ideas

This activity helps to reach the child about using the eyes and ears to focus attention and using hands to reach and touch. Make silly faces or sounds, talk or sing to encourage the child to look, reach, and touch your face. Tell the child what he or she is touching ("you touched my nose", you touched my lips"). You may want to put on bright lipstick or wear a bright scarf to get the child's attention

Back lying, reaching for toy with two hands



Notes for Therapists

Reaching with both hands to midline activates the pectoral muscles in synergy with the abdominal muscles while elongating the muscles between the scapula and extensors of the neck. Reaching in supine can be easier for the child since the tabletop can assist in supporting the scapulae. This activity helps to prepare the child for reaching in upright positions such as sitting because active muscle stabilisation at the shoulders is required to support freedom of arms in space

Notes for parents

Encourage

- Head in line with the body, chin tucked, body straight
- Arms forward and down, hands reaching forward to the toy
- Hips straight, legs relaxed and together

Helps to

- Develop eye contact with your child's hands and toys
- Enable arms and hands to reach forward into space
- Develop reach and grasp
- Reduce arching of the body

Play ideas

Toys that are large enough to encourage the child to hold with two hands are important for this activity. Show the child a stuffed animal, a doll, a colourful ball, or a string of large beads to encourage the child to reach and grasp

Back lying, lifting hips and legs



Notes for Therapists

Children learn about their bodies by using their visual and somatosensory systems. Every time the child moves his or her limbs along, up, or down on the supporting surface, raises limbs into the visual field, touches limbs, or brings limbs into the mouth for oral exploration, the child gains opportunities to connect the visual, proprioception, and tactile systems to learn body awareness.

Notes for parents

Encourage

- Head in line with the body, chin tucked, body straight
- Arms down and forward
- Hips bent, legs relaxed and together

Helps to

- Develop eye contact with your child's hands and legs
- Enable hands to reach and touch the legs
- Develop stomach muscles (body flexion)
- Reduce arching of the body
- Develop movement control of the legs

Play ideas

To entice the child, lift and look at legs, kiss or rub the child's feet with your face. Play "peek-a-boo" by hiding behind the child's feet. Allow the child to touch your hair with feet or hands..

Back lying, with hands and knees



Notes for Therapists

Helping the child bring his or her hands to knees is an upper and lower extremity activity. As the child reaches with the arms for the legs, he or she lengthens the neck extensor muscles and the muscles between the scapula. Reaching, touching, and holding the knees allows the child to learn to shape his or her hand to a body part as preparation for active grasp.

Notes for parents

Encourage

- Head in line with the body, chin tucked, body straight
- Arms forward and down, hands reaching toward to the knees
- Hips bent, legs relaxed and together

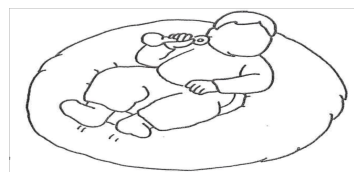
Helps to

- Develop eye contact with you, hands, and legs
- Enable hands to reach and touch the legs
- Develop stomach muscles
- Reduce arching of the body
- Develop movement control of the legs

Play ideas

This activity is to teach the child about his or her body through touch. Talk or sing with the child about his or her legs, knees, and feet. Make silly faces or sounds to encourage the child to look at your face.

Back lying, in an inner tube, swim ring, or ring-shaped pillow



Notes for Therapists

When the child is supported in supine position by the inner tube, swim ring, or ring-shaped pillow, the child has an independent opportunity to practice reaching with hands, bringing hands to midline and to feet. In this position, the child is better able to use visual and biomechanical systems to improve overall success with reaching.

Notes for parents

Encourage

- Head in line with the body, chin tucked, body straight
- Shoulders down, arms forward, and hands together.
- Hips and knees bent, legs relaxed and together

Helps to

- Allow eye contact with you, toys, hands, and legs.
- Enable hands to reach and touch each other, body, and toys
- Develop stomach muscles (body flexion)
- Reduce arching of the body

Play ideas

To entice the child, lift and look at legs, kiss or rub the child's feet with your face. Play "peek-a-boo" by hiding behind the child's feet. Allow the child to touch your hair with feet or hands.

Tummy lying, supported with a towel roll



Notes for Therapists

The towel roll gives the child a mechanical advantage to lift the body against the forces of gravity. Lifting the chest brings the weight off the upper torso and moves the body weight down towards the hips and activates muscles of the hips and pelvis to establish the base of support at the hips for prone play

Notes for parents

Encourage

- Head up and in line with the body, chin tucked, body straight
- Arms out from under the body and in front of the towel
- Elbows under or slightly in front of the shoulders, hands forward
- Hips straight and flat, legs straight and parallel

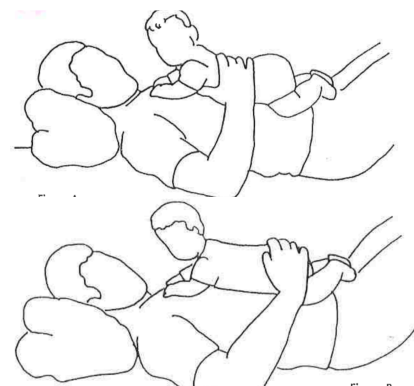
Helps to

- Develop head control
- Develop muscles in the arms and shoulders when the child pushes up
- Develop back muscles (spinal extension)
- Open hands and the arches in the hands

Play ideas

To entice the child to lift head and push up on elbows, prop a child's safety mirror in front of the child. Put colourful pictures on the floor or prop pictures up for the child to see. Help the child to rub and feel a fuzzy stuffed toy or textured blanket.

Back lying, on tummy on your chest



Notes for Therapists

When the child is supported in supine position by the inner tube, swim ring, or ring-shaped pillow, the child has an independent opportunity to practice reaching with hands, bringing hands to midline and to feet. In this position, the child is better able to use visual and biomechanical systems to improve overall success with reaching.

Notes for parents

Encourage

- Head in line with the body, chin tucked, body straight
- Arms out from under the body, elbows under the shoulders.
- Hands forward
- Hips straight and flat, legs parallel

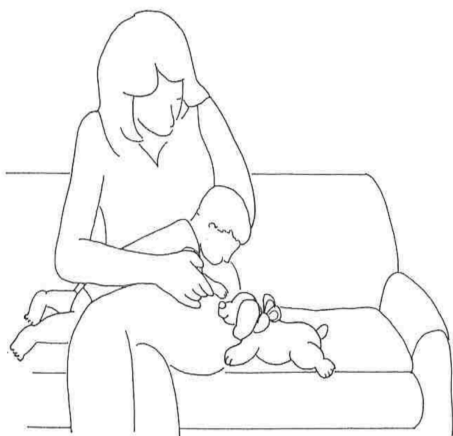
Helps to

- Develop head control
- Develop muscles in the arms and shoulders when the child pushes up
- Develop back muscles (spinal extension)
- Develop straightening of the legs, knees, and feet
- Teach the child to accept being positioned on the stomach

Play ideas

Entice the child to lift the head and push up on arms by singing, talking, or making funny noises and faces to each other. Gently rock or bounce your body to help the child learn to balance and accept being moved. Help the child to reach for and touch your face.

Tummy lying, across your lap, while you are seated with legs crossed



Notes for Therapists

The young child often does not tolerate prone position or “tummy time” if this position was not introduced in the first month of life. Children learn to tolerate the prone position when they can be in physical contact with their caretaker especially if not completely flat.

Notes for parents

Encourage

- Head up and in line with the body, body straight
- Arms out from under the body, elbows in front of or under the shoulders
- Hands in front, fingers forward
- Hips straight and flat, legs parallel

Helps to

- Develop head control with use of the eyes
- Develop muscles in the arms and shoulders when the child pushes up on arms
- Develop hip and back muscles (spinal extension)

Play ideas

Put a colourful book, stuffed animal, doll, or favourite toy on the couch beside your crossed legs to encourage the child to lift head and look at the toy and push up on arms without reaching for the toy as long as he or she can. Try singing “row your boat” as you gently rock your legs side to side.

Tummy lying across your lap and balancing while you move your legs



Notes for Therapists

This activity provides movement experiences that help to integrate sensory information from the visual, vestibular, and/or somatosensory (kinesthesia, proprioception, tactile) systems and that also help to build muscle tone and balance. Especially good if the child has low tone.

Notes for parents

Encourage

- Head up in line with the body, chin tucked, body straight
- Propping up on elbows or forearms, elbows under shoulders
- Hands open, fingers forward
- Hips straight and flat, legs parallel

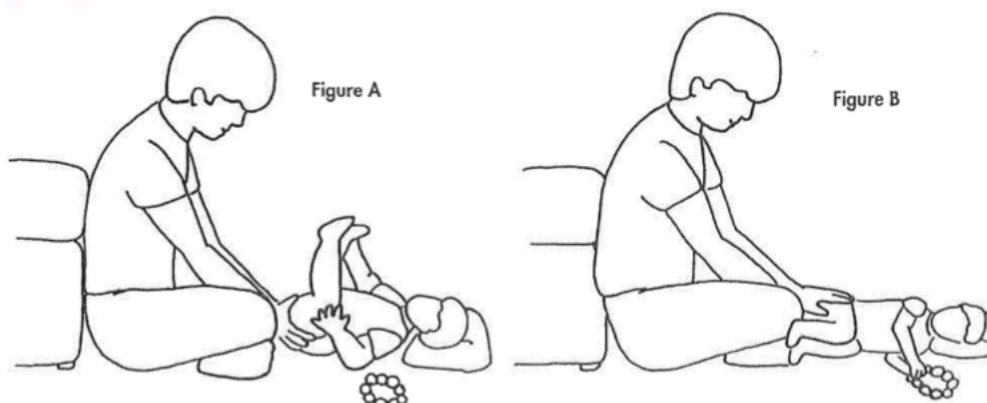
Helps to

- Develop head control
- Develop muscles in the arms and shoulders
- Develop back muscles
- Lengthen the muscles of the tummy and the front of the hip

Play ideas

This play activity helps the child to develop the muscles of the shoulders, arms, and body; it will be difficult for the child to play with a toy. Instead play a movement game. Talk or sing as you move him or her up and down and side to side. You could say “we’re going up, we’re going down, we’re going to this side and now this side”

Child learning to roll from back to side



Notes for Therapists

Children can learn to roll from supine to prone using a flexor pattern activated by the hands reaching for the feet, holding onto the feet, and followed by turning their head. The spine de-rotates to follow the movement of the head, which allows the child to roll to the side. Once the child is on his or her side, the child needs to let go of the feet, complete a righting reaction of the head on the frontal plane, and extend the torso to complete the roll into prone.

Notes for parents

Encourage

- Head up and in line with the body, chin tucked, body straight
- Arms down, hands together.
- Looking at feet and reaching hands to feet
- Hips and legs bent and together

Helps to

- Develop stomach muscles (body flexion)
- Allow the child to experience shifting body weight to the side
- Develop coordination for rolling

Play ideas

Put a brightly coloured musical toy next to the child at shoulder level but just out of reach. This will entice the child to roll and reach for the toy. Or make funny faces and sounds at the child; move your face down next to the child's shoulder to entice the child to roll and touch your face.