Play Movement Ideas

Positioning

Encourage the child to kick, to reach up to swipe toys, to begin to look, fix their gaze and follow objects.

If the child’s head is always resting to the same side:

- Use a horseshoe-shaped support or a rolled towel to steady the head in the middle.

If the child’s head drops to their chest when then bring their head to the middle:

- Put a folded blanket under their body to raise their shoulders to get the head in the right position.

Back Lying

Please check with your child’s physiotherapist before using these play movement ideas.

Play ideas

- Try using a musical keyboard to kick or a bead drum under their feet
- Attach rattles or bells to the child’s wrists and ankles so as they move they hear the sound.
- Use soft shakers for the child to hold.
- Use activity gyms or hang mobiles above their heads.
- Tickle or blow raspberries on the child’s tummy.
- Tickle the child’s feet.
- Use a chiffon scarf or material to play ‘peek a boo’.
- Sing songs e.g. this little piggy or round and round the garden.
- Lie the child on or under a silver foil space blanket.