**Positioning**

‘Commando’ – on their tummy – easier on a slippery floor.

To start - encourage the child to stretch forward to try to get a toy just out of reach.

To assist - hold the child’s feet, with one leg straight and the other leg bent push the straight leg, keeping the kneecap to the floor so the leg doesn’t bend.

Or put the child near to some furniture with both legs bent so, if they kick, they will push on the furniture and go forwards.

**On all fours start with the child face down on the floor:**

Sit/kneel at his feet; grasp his hips and gently pull up and back until the knees are bent and the hips are above the knees.

If the child doesn’t push up to raise their shoulders try to assist this with your hand under the chest.

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**Play Movement Ideas**

**Crawling**

Try placing the child’s favourite toy out of reach for them to crawl to obtain.

Try using a squeaky toy to gain the child’s attention.

Use ‘cause and effect’ toys (with a button low to the ground). Press to play the music or activate the lights then move the toy just out of reach for the child to move and press again.

Try using ‘big button/switch toys’

Use a ball for the child to ‘chase’ around the room.

Build a tower of bricks for the child to crawl towards and knock down.

Try using mechanical toys (cars/vehicles with a push top or pull back mechanism) to move along.

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