

NEOgrads Playgroup home program (example)

Name: xxxxx

Assisted moving between crawling and sitting



Aim: To improve the ability to move between crawling and sitting.

Guide: Position the child on their hands and knees on the floor. Instruct and encourage the child to move back into sitting. Provide support by guiding the child's bottom to the floor using a rotation like movement through the hips. Repeat moving forward onto knees and back again a few times in a row on each side, using short rests in sitting.

Moving into sitting with assistance



Aim: To improve the ability to move in and out of sitting, build arm strength.

Guide: Position the child in side-sitting while leaning on their arm. Instruct and encourage the child to sit upright by pushing through their arm and hand by moving a toy in front of them. Help guide the upper most hip down to towards the ground. Help by supporting the child under their trunk and stabilising their thighs as required. Practice leaning on and off their arm 4-5 times on one side before resting. Repeat on the other.

Rotating to the side while sitting



Aim: To improve the ability to sit with rotation.

Guide: Position the child on the floor with a firm cushion beside them. Place a toy on the cushion. Instruct and encourage the child to reach for and play with the toy. After a few minutes, place the toy back in front of them. Then repeat.

Supine lying playing with toy on feet



Aim: To improve the ability to bring hands to feet in lying, building up tummy and hip muscle strength.

Guide: Position the child lying on their back with a toy on one or both of their feet. Instruct and encourage the child to reach for the toy. Gently lower their leg before repeating 4-5 times on each side.

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Pivoting (turning) on their tummy



Aim: To improve the ability to move while propping through hands. Learning to shift their weight and building arm and upper chest strength.

Guide: Position the child lying on their front on the floor. Place a toy to the side of the child. Instruct and encourage the child to get the toy by pivoting while lying on their front.

Caregiver notes or comments: