

# POSITIONING FOR PLAY PROGRAMME OCCUPATIONAL THERAPY

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## Play in supine

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**Aim:**

To improve the ability to look at toys.

**Instructions:**

Position your child lying on their back. Encourage them to look at toys above. Slowly move them side to side allowing time to follow with eyes.

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## Fixing and following

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**Aim:**

To improve the ability to engage and to fix and follow with eyes.

**Instructions:**

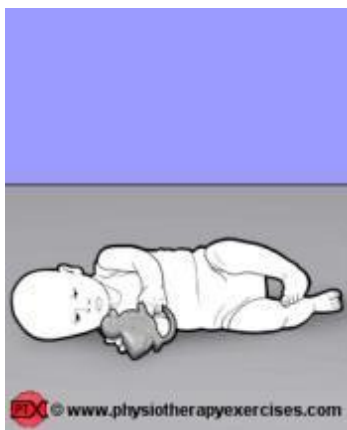
Position yourself sitting with your knees bent and feet elevated on a block. Position your child lying on their back on your lap. Encourage them to look at you and fix and follow on your face through talking or singing. Move your head or toys slowly to one side allowing time for them to follow and then move back to the other side.

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## Side lying

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**Aim:**

To improve the ability to maintain side lying.

**Instructions**

Position your child in side lying. Encourage them to look at and play with a toy held or placed in front of them. If they cannot maintain this position try using a rolled up towel or pillow behind. Practice to both sides.

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## Tummy time propping on elbows

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**Aim:**

To improve the ability to prop on the forearms and strengthen the neck, trunk and shoulder muscles.

**Instructions**

Position your child on their tummy over a small pillow or rolled up towel. Ensure they are propping on their forearms over the towel or pillow. Encourage them to look up at a toy or at you. Singing songs can often distract to encourage them to spend longer on their tummy.

If they are not happy in this position try lying them on their tummy on you.



Build up the time that they are able to spend lying on their tummy and as they get stronger you can remove the towel or pillow.

Try and include these activities into your child's daily play.

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## Play in supine

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**Aim:**

To improve the ability to look at and reach for toys.

**Instructions:**

Position your child lying on their back. Encourage them to look at and reach for the toys that are placed within arm's reach. Look and reach for toys to the right side and the left as well as above.



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## Tummy time propping on elbows

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**Aim:**

To improve the ability to prop on the forearms and strengthen the neck, trunk and shoulder muscles.

**Instructions**

Position your child on their tummy over a small pillow or rolled up towel. Ensure they are propping on forearms over the towel or pillow. Encourage them to look up at a toy or at you. Singing songs can often distract to encourage them to spend longer on their tummy.

If they are not happy in this position try lying them on their tummy on you.



Build up the time they are able to spend lying on their tummy and as they get stronger you can remove the towel or pillow.

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## Playing with feet with assistance

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**Aim:**

To improve the ability to find the feet in supine.

**Instructions:**

Position yourself sitting with your knees bent and feet elevated on a block. Position your child lying on their back on your lap. Bring their feet towards their hands. Encourage them to play with their feet.

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## Rolling with assistance

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**Aim:**

To improve the ability to roll.

**Instructions:**

Position your child lying on their front. Encourage to roll onto their back by using a toy or your voice

If they have difficulty with this movement assist by ensuring the arm rolling over is tucked underneath and then guide them from front to back at their pelvis and legs. Try to encourage them to do the movement as independently as possible.



With lying on their back encourage them to roll back onto their tummy by using a toy or your voice. Should they require assistance then facilitate their legs to guide them over. They may need assistance to bring both arms underneath so they are propping themselves up on forearms.

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### Supine lying playing with toy on feet

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**Aim:**

To improve the ability to bring hands to feet when lying in supine.

**Instructions:**

Position your child lying on their back with a toy on both feet. Encourage them to reach for the toy or to play with feet. Provide assistance as required to bring hands to feet or the toy.

Practice this a few times throughout the day, even after each nappy change.

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### Rolling with assistance

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**Aim:**

To improve the ability to roll.

**Instructions:**

Position your child lying on their front. Encourage them to roll onto their back by using a toy or your voice

If they have difficulty with this movement assist by ensuring the arm rolling over is tucked underneath and then guide them from front to back at their pelvis and legs. Try to encourage them to do the movement as independently as possible.



With your child lying on their back encourage them to roll back onto their tummy by using a toy or your voice. Should they require assistance then facilitate their legs to guide them over. They may need assistance to bring both arms underneath so they are propping themselves up on their forearms.

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## Tummy time propping on hands

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**Aim:**

To improve the ability to prop through the hands and strengthen the neck, trunk and shoulder muscles.

**Instructions**

Position your child lying on their front on the floor while propping through their hands. If they find this hard practice propping on their forearms and then as they get stronger encourage to push up onto their hands. Encourage them to look up at a toy or at you. Singing songs can often distract to encourage them to spend longer on their tummy.

If they are not happy in this position try lying them on their tummy on you.

Build up the time they are able to spend lying on tummy.

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## Propping on one forearm while reaching in prone

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**Aim:**

To improve the ability to reach while lying on the front and to strengthen the neck, back and shoulder muscles.

**Instructions:**

Position your child lying on their front while propping on their forearms with a toy placed in front. Encourage them to reach forward for the toy while propping on the opposite arm. Ensure they practice reaching with both right and left arms. If they find this hard support them to transfer weight to one side so they can reach with the other arm.

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## Sitting and reaching

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**Aim:**

To improve sitting balance

**Instructions:**

Position your child sitting on the floor. If they still need support sit behind them supporting at the trunk. Place or hold toys to the side.

As sitting improves encourage them to rotate behind, up high or forwards for toys. It is also good to practice reaching across the body using the hand furthest away from the objects.



## PLAY IN SPECIALIST EQUIPMENT

**Sitting:** If the child is well supported in a specialist chair, then it is recommended that you engage them in sitting and reaching activities as outlined above. Stimulate them with light and sound based toys.

**Lying:** In lying activities include light and touch activities to engage the child and provide them with items of interest slowly, awaiting a response.

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