

ACTIVITIES FOR STIMULATION

Visual Stimulation :

- ✧ Hang a bright colored toy to a string placed in front of the child, this encourages focussing or fixing on objects. Move the toy from side to side and encourage the child to trace the object.
- ✧ Place attractive toys on the table in front of the child. Encourage the child to reach for the toys, grasp them and manipulate.
- ✧ While covering the child and moving around mother can show different objects, pictures, toys, etc.



Auditory Stimulation :

- ✧ Hang a string of noisemakers in front of the child. Encourage the child to grasp, pull or hit them where by they produce sounds.
- ✧ Place rattles or musical instruments in front of the child so that the child reaches holds and bangs them and enjoys the sounds produced.
- ✧ Provide a plate and a spoon and place them in front of the child. When the child plays with the spoon hitting it against the plate produces a sound which will stimulate the child through play.



Tactile Stimulation :

- ✧ Hang toys made of different textures such as cotton and coir in front of the child. When the child reaches for them it gives him a sensation of touching different surfaces.
- ✧ Place soft toys of different sizes on the floor in front of the child. When the child reaches for the toys, it helps him experience the feel of it. Large soft toys will also help in tactile stimulation as the child would enjoy cuddling them.





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with Intellectual Disabilities (Divyangjan)**

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EARLY INTERVENTION FOR MOTOR PROBLEMS

SITTING - Floppy Child

NORMAL CHILD SITTING

SITTING ON THE CHAIR

- ✧ The back and head are vertically straight
- ✧ Hips and knees are bent (as shown in the figure)
- ✧ Feet are placed flat on the floor

FLOOR SITTING

- ✧ The back and head are kept straight
- ✧ Hips and knees bent (as shown in the figure)
- ✧ The outer side of the thigh touching the floor

IF THERE IS A DELAY OR ABNORMALITY
SEEK PROFESSIONAL HELP.



ABNORMAL POSITION

- ❖ The child sits with legs bent and hands folded
- ❖ Head pulled back body leaning forward
- ❖ Neck is stretched and back is rounded



(Floppy child)

CORRECTION

- ❖ Make the child sit on a chair (as shown in the picture) Height of the seat in front is more
- ❖ Keep the head and trunk straight and supported. If required tie a strap at chest level
- ❖ Maintain the hips and knees bent and supported as shown in the figure
- ❖ The feet should rest flat on the surface
- ❖ Support with a strap if needed



Use activities for relaxation

ABNORMAL POSITION

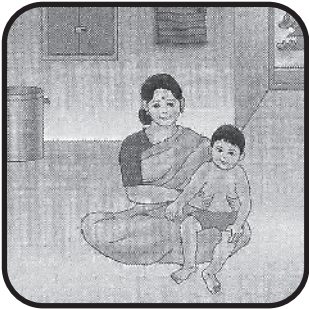
- ❖ The child's body is floppy and the muscles are very loose
- ❖ Child sits with legs wide apart on the floor
- ❖ Hands placed on the floor taking the support
- ❖ Back is rounded



(Floppy child)

CORRECTION

- ❖ Make the child sit on mother's thigh
- ❖ Back is held straight and support
- ❖ Provide support over the help
- ❖ Provide less base of support to allow improve movement



Use activities for relaxation

ABNORMAL POSITION

- ❖ Child is sitting with outstretched legs and hands bent and held out.
- ❖ Child's upper limbs are retracted and does not bring the hands forward for play
- ❖ Child can not move out of the position and play
- ❖ Child is scared of falling



(Floppy child)

CORRECTION

- ❖ The child is made to sit in the tub with knees bent and held close.
- ❖ The back supported by tub wall and held straight



Use activities for relaxation

ABNORMAL POSITION

- ❖ Incorrect way to carry a 'floppy' child who has no head or trunk control.
- ❖ In this position child can not see the environment.
- ❖ child in not exposed to extension as it is carried in bend position
- ❖ Child is held with legs wide apart
- ❖ Head may fall back or side ways
- ❖ Hands are wide apart and may fall to the sides



(Floppy child)

CORRECTION

The correct way to carry a 'floppy' child

- ❖ His legs are bent and held together
- ❖ Firm support is given at the hips
- ❖ This helps the child to extend his head and back
- ❖ Back may be supported against mother's body



(fig-1) (fig-2)
Use activities for relaxation