



Positioning for Play: Home Activities for Parents of Young Children

Rachel B. Diamant

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This helpful, time-saving resource is a collection of reproducible activities for early intervention professionals to give to parents of children who have developmental delays and range in age from birth to three years. The book's purpose is to help the early intervention professional teach parents ways to hold and play with their children while providing opportunities for developing motor skills and stimulation.

Movement and play provide the foundation for development of motor, sensory, perceptual, cognitive, language, and social skills in infants and youngsters. But for youngsters with physical or other developmental delays, these experiences are compromised and these children must rely on adults to help open the door to play and movement stimulation. This means that the parents and the professionals- physical- and occupational therapists, early childhood educators, and pediatric nurses-need to work as a team to make opportunities for movement and play possible.

Activities in this manual are grouped into ten sections, according to the developmental skill position being covered. Each section begins with an introduction that explains the developmental skill position and why this skill is important to the child's development. The introductions are written in non-technical language to help increase the parents' understanding of the developmental skill. The early intervention professional can select which activity is appropriate, based on the child's skill level and relevance to the family's needs.

The activity sheets are designed to demonstrate ways parents can hold and play with their child using household items-no fancy equipment-while encouraging proper body mechanics for the parent. The activity also includes brief explanations of the skills being developed. There is space at the bottom of each sheet for writing more suggestions to individualize the activity. Space has been provided on the back of each activity sheet to add notes or special recommendations.

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