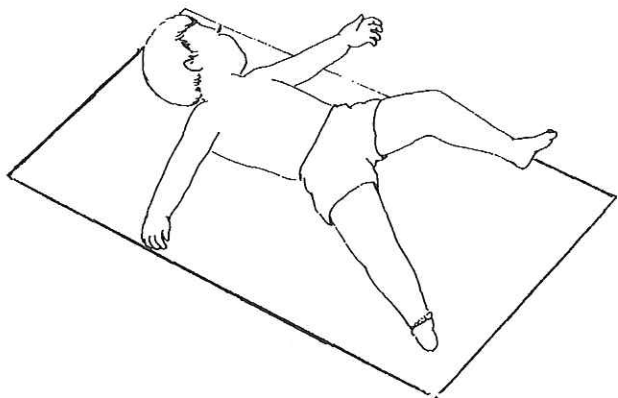


**3.39 Body righting on body reaction (4-6 mo.)**

*Turn the child's head to one side while in supine. The child should roll over segmentally with the shoulders turning first, followed by the pelvis, then the legs. The child should not roll stiffly as one piece.*

1. Refer to 3.17.
2. Refer to 3.38.
3. Place the child in supine on a large treatment ball. Bend her legs up to her chest. Move her legs side to side while the shoulders remain motionless. This helps achieve trunk flexibility if there is stiffness present. Follow this relaxation activity with a specific activity, such as having the child roll across the ball.

**3.40 Demonstrates balance reactions in supine (7-8 mo.)**

*Place the child on a surface which can be tilted. The child's head, trunk and extremities act to prevent a fall by moving in a direction opposite to the tilt.*

1. Lay the child in supine on a blanket. Hold the blanket taut and gently tilt from side to side. Do not move the blanket so far that the child rolls over.
2. Place the child in supine on a large beach ball. Follow the directions of activity #1.
3. Make or purchase a rocking board, which is a flat board with a curved base. Place the child in supine and rock from side to side.
4. Let Father go on his hands and knees. Place the child in supine on Father's back. Dad gently tilts the child from side to side. *Someone else needs to be present for safety.*

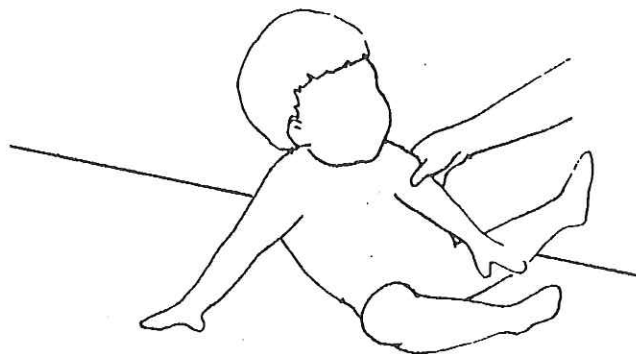
**3.41 Protective extension of arms to side and front (6-8 mo.)**

*Place the child in a sitting position. Push her off balance suddenly toward the front or side. The child should pro-*

*tect herself from a fall to the side by extending one arm and catching her weight. She should protect herself from a fall to the front by extending both arms and catching her weight.*

**A. To The Side.**

1. Push the child gently to one side when she is sitting. Help her bear weight on one arm. Hold her in this position briefly. Repeat on the other side. Do this activity with the child in different sitting positions, such as long leg, cross leg or side sitting.
2. Place the child in sitting. Sing a song and encourage the child to sway her body from side to side. As the child moves to one side let her touch one hand down to the floor. Repeat on the other side as she sways.
3. Push the child gently to the side while still holding on to the opposite arm. If her hand does not come down to catch herself place it on the floor for her and help her bear weight as in activity #1. Repeat on the opposite side.
4. Push the child off balance more rapidly when she has accomplished activity #3. Push her to one side and then the other. If her arm does not come out, help her. Let the child push you off balance.



5. Place the child on a vestibular board. Encourage her to catch herself by extending her arm as you quickly tilt the board to one side.
6. Place the child in side sitting, with both arms to one side and the legs together on the other side. Push the child to the side so the hands must come down and catch her weight. Repeat after reversing the side of the arms and legs.

**B. To the Front.**

1. Place the child in sitting. Let the child look at a book or toy. Encourage her to bear weight on her arms which should be in front of her. Push down gently at the shoulders to straighten her arms.
2. Sit the child upright without bearing weight on her hands. Push her forward so she must catch herself. Do not allow her to fall. If she does not place her arms forward, help her. Let her push you over.
3. Roll the child forward over a bolster or a small ball. Help her place her arms down. Move more rapidly as she develops more confidence.

- Place the child in the hand-knee position on a vestibular board. Rock the child slowly at first then more rapidly as the child improves in balance.
- Place the child in the hand-knee position on a bed. Rock the bed.

## 3.51 Sits without hand support for 10 minutes (8-9 mo.)

*Place the child in sitting position. Give the child activities which will occupy her hands so they will not be used for support.*

- Play ball with the child while she sits unsupported.
- Place the child in sitting. Let the child play with a Busy Box hung on the wall at her level.
- Let the child hold large objects which require two hands, e.g., a large ball, balloon or doll.
- Hold a toy overhead so the child must reach up with her arms.
- Play Pat-A-Cake.
- Let the child play two-handed musical instruments e.g., a tambourine, triangle or rhythm sticks.
- For the older child with a disability, place small toys on one side of his body with a can or box on the other side. The child must reach for a toy on one side and turn to the opposite side to place it into the box.
- Let the child sit on a small box with her feet supported on the floor. Do any of the above activities.
- Let the child sit astride a narrow seat with her feet on the floor and legs apart. Let her look at books or identify body parts in a mirror.
- Use a table and chair for activities if the child's back is very rounded and her head is held forward. Be sure the child's hips and knees are at 90 degrees in a seat. Be sure the chair provides for back extension. Use a foot stool, if necessary, to support the feet.
- Encourage the child to keep her back straight in sitting by using one or more of the following activities:
  - Tap and rub the base of the spine.
  - Bounce the child gently in the sitting position.
  - Tap the shoulders back.
  - Stroke the center of the back gently and rapidly.

## 3.52 Crawls forward (8-9.5 mo.)

*Place the child in the prone position. The child should be able to move forward on his abdomen by pulling with his arms and pushing alternately with his legs. The child may go backwards by pushing with his arms during his first attempts to crawl. Continue to present toys in front of the child. Show him how to use his legs to crawl forward.*

- Place the child in prone. Encourage the child to explore his environment by providing a lot of time on the floor.

- Place a toy one to two feet in front of the child as he lies in prone. Lift one hip and help the child bend the hip and the knee on that side. Place your hand on the bottom of his foot. Rub his hip with your other hand and gently move him forward at the hip until his leg straightens. Repeat on the opposite side. Continue this activity until he reaches the toy. Let him play with the toy before repeating this activity.
- The child should be on a smooth or slippery surface with a shirt and long pants on to reduce friction and make movement easier for him.
- Repeat activity #2 but wait for the child to push against your hand and straighten his leg.
- Repeat activity #2 on a carpet for resistance and to make the child work a little harder.
- Repeat activity #2 encouraging coordinated arm movements. The sequence movement should be right arm, left leg, left arm, right leg.
- Increase crawling distance by gradually moving a toy farther away or by giving the child a rolling toy which moves when the child plays with it.
- Let the child crawl through a box, under a chair or table, through a tunnel, to a mirror or to his parents.

## 3.53 Makes stepping movements (8-10 mo.)

*The child spontaneously makes walking-type movements when held in standing.*

- Hold the child in standing. Ask another child or adult to make stepping movements without moving forward. Encourage the child to imitate this "marching."
- Move the child's legs passively up and down.
- Let the child stand on your feet. "March" using exaggerated up and down leg movements.
- Encourage the child to "march" to music.
- Encourage the child to "walk" across the room to another adult or to a favorite toy while someone supports his trunk.
- Hold the child's shoulders. Rotate one shoulder forward, wait for a step then rotate the opposite shoulder forward.

## 3.54 Assumes hand-knee position (8-9 mo.)

*Observe to see if the child can independently assume the hand-knee position with his abdomen off the floor.*

- Place the child over a firm pillow or blanket roll to accustom him to the hand-knee position. Support should be thick enough to allow the child's arms to fully extend. Let him watch a musical or moving toy.
- Extend a towel from the child's hips to his chest to support him in a hand-knee position.
- Place the child in prone. Pull the child's hips up so his

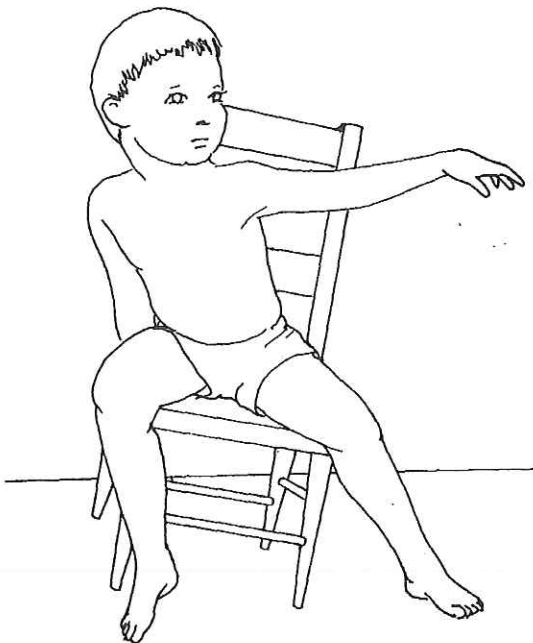
knees will bend. The child's hands should be on the floor with his elbows as straight as possible. Hold the child at his hips to control his movements.

4. Place the child in the hand-knee position. Rock the child forward and back and from side to side.
5. Place the child in the hand-knee position. Encourage him to lift one hand for a toy and bear weight on the other hand. Repeat with the other hand. Provide support if he begins to lose his balance.
6. Encourage the child to hit a ball with one hand while in the hand-knee position.

### 3.55 Demonstrates balance reactions in sitting (7-8 mo.)

*Place the child in sitting position on a surface which can be tilted. The child's head, trunk and extremities act to prevent a fall by moving in a direction opposite to the tilt.*

1. Let the child sit in a hammock made of a towel. Swing the child side to side and forward and back.
2. Use a canvas swing which provides good trunk support.
3. Place the child in sitting on a ball or a firm bolster. Rock the child from side to side to encourage balancing. Hold the child at her trunk. As her balance improves, move to holding at her hips and finally give only minimal support at her legs.
4. Let the child sit on a rocking horse. Help her bounce up and down and rock forward and back.
5. Use a variety of swings, such as a swing with a back and sides, a swing without a back, a large swinging platform and a swinging bolster.



6. Place the child in sitting on Dad's back. Someone hold

the child at her hips. Ask Dad to rock back and forth and from side to side.

7. Sit the child straddling a roll or a small stool with no back. Encourage the child to reach across her body to pick up a small toy. Have her bring the toy back and place it in a can.
8. Let the child throw bean bags into a container in front of her. Use the straddle position in activity #7.
9. Let the child straddle an adult's legs. Let the child pick up a large block from the floor, move it to the other side and build a tower.
10. Let the child sit on your knee facing you. Support her at the trunk or hips, if necessary. Bounce her up and down to the rhythm of a song or nursery rhyme.
11. Sit the child on a bed. Carefully tilt and rock the bed to require balancing reactions.
12. Place the child seated on a large ball, bolster or vestibular board which can be tilted from side to side and forward and back.

### 3.56 Protective extension of arms to back (9-11 mo.)

*Place the child in a sitting position. Push her suddenly backwards (gently). The child should protect herself from a fall by catching her weight on one arm.*

1. Let the child listen to music while sitting with both hands behind her. Encourage her to lean back on her hands. Rock the child from side to side in rhythm to the music so the child's weight shifts from one arm to the other.
2. If the child has difficulty with activity #1, place her hand behind her back, flat on the floor. Help her bear weight on her arm by pushing down gently on her shoulders. Repeat on the other side.
3. Tilt the child gently off balance backward. Encourage the child to catch herself on one hand to prevent a fall. Hold the child by the opposite arm so a real fall will not occur. Make it a game. Say, "Do not let me push you."
4. Place the child on a vestibular board. Tip the board quickly backward. The child should place her hands behind her to protect herself from a "fall."

