



## Certification Training Manual

### Your program assignments:

Name: \_\_\_\_\_ Date: \_\_\_\_\_

CRAWLING: \_\_\_\_\_ MINUTES \_\_\_\_\_ TIMES PER DAY

DO - Keep the belly button on the floor and move forward.

DO - Leave socks/shoes OFF.

DO - Use the longest, straight smooth surface possible to crawl on.

DON'T - Coach, provide helpful hints, comments or critiques.

DON'T - Carry items in hands.

DON'T - Leave a child to crawl alone and/or without a mind-occupying activity.

CREEPING: \_\_\_\_\_ MINUTES \_\_\_\_\_ TIMES PER DAY

DO - Keep on hands and knees and move forward.

DO - Leave socks ON.

DO - Use kneepads if over eight years old.

DON'T - Coach, provide helpful hints, comments or critiques.

DON'T - Carry items in hands.

DON'T - Leave a child to crawl alone and/or without a mind-occupying activity.



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### VESTIBULAR STIMULATION

Daily Goal \_\_\_\_\_ times for \_\_\_\_\_ seconds each

- DO - Complete one vestibular at a time, not as a series.
- DO - Each vestibular activity is separated by 5 minutes or more.
- DO - Use the widest variety of vestibular movements possible. See handout.
- DO - Go at a speed that is WITHIN YOUR TOLERANCE; vestibular activities should not cause distress

MASKING – DAILY GOAL \_\_\_\_\_ sets, each set has \_\_\_\_\_ masking cycles.

A single masking cycle is completed by wearing the mask for UP TO ONE minute, followed by a MINIMUM of ONE MINUTE OFF.

A set of masking is completed by repeating the cycle one minute on, then one minute off, for ten repetitions.

Sets of masking should be separated by a minimum of 10 minutes.

DO NOT keep the mask on for more than the ONE-minute limit.

DO NOT shorten the ONE-minute pause between masking cycles.

DO NOT shorten the TEN-minute pause between masking sets.



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PATTERNS—TECHNIQUE IS IMPORTANT. STRIVE FOR ACCURACY AND QUALITY OVER QUANTITY.

1. \_\_\_\_\_ Daily Goal = \_\_\_\_\_ reps/minutes \_\_\_\_\_ times each day

2. \_\_\_\_\_ Daily Goal = \_\_\_\_\_ reps/minutes \_\_\_\_\_ times each day

3. \_\_\_\_\_ Daily Goal = \_\_\_\_\_ reps/minutes \_\_\_\_\_ times each day

4. \_\_\_\_\_ Daily Goal = \_\_\_\_\_ reps/minutes \_\_\_\_\_ times each day

5. \_\_\_\_\_ Daily Goal = \_\_\_\_\_ reps/minutes \_\_\_\_\_ times each day

6. \_\_\_\_\_ Daily Goal = \_\_\_\_\_ reps/minutes \_\_\_\_\_ times each day

### SENSORY STIMULATION

#### Strong Sensory Stimulation

Compressions \_\_\_\_\_ times for \_\_\_\_\_ seconds each

Vibrations \_\_\_\_\_ times for \_\_\_\_\_ seconds each

Other \_\_\_\_\_

\_\_\_\_\_ times for \_\_\_\_\_ seconds each



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### Light Touch Sensory Stimulation

Assorted textures \_\_\_\_\_ times for \_\_\_\_\_ seconds each

Assorted touches \_\_\_\_\_ times for \_\_\_\_\_ seconds each

Trigeminal Nerve Stimulation: \_\_\_\_\_

Visual/Motor Stimulation \_\_\_\_\_

Other Activities, detailed below: