



# 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.

VESTIBULAR STIMULATION: Daily Goal \_\_\_\_\_ times for \_\_\_\_\_ seconds each

- DO - Complete one vestibular activity at a time, not as a series.
- DO - Each vestibular activity 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.



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

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: