

PROGRAM ASSIGNMENTS for _____ Date _____

Be consistent about the program; doing it every day will move you forward as quickly as possible!

CRAWLING ON THE TUMMY—

Daily Goal = _____ total feet or _____ feet _____ times per day
_____ minutes

DO: Keep the belly button on the floor and maintain movement in a forward direction.
This is the only instruction given to the client.

DO: Have bare feet; no shoes or socks.

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

DON'T: Coach, give helpful hints, comments, or critiques. This will interfere with the process.

DON'T: Carry items in hands or wear gloves.

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

CREEPING ON HANDS AND KNEES—

Daily Goal = _____ total feet or _____ feet _____ times per day
_____ minutes

DO: Keep on hands and knees and maintain movement in a forward direction. This is the only instruction given to the client.

DO: Leave socks ON.

DO: Use kneepads if over eight years of age.

DON'T: Coach, give helpful hints, comments, or critiques. This will interfere with the process.

DON'T: Carry items in hands or wear gloves.

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

VESTIBULAR -

Daily Goal = _____ times for _____ seconds each

DO: As many head positions as possible to stimulate the whole vestibular system.

DO: Separate each vestibular activity by at least 5 minutes.

DO: Go at a speed that is WITHIN YOUR TOLERANCE; vestibular activities should not cause distress.

PATTERNS -

1. _____ -Daily Goal = _____ repetitions _____ times each day
2. _____ -Daily Goal = _____ repetitions _____ times each day
3. _____ -Daily Goal = _____ repetitions _____ times each day
4. _____ -Daily Goal = _____ repetitions _____ times each day

DO: Patterns correctly. They must be done correctly to be effective.

DON'T: Rush through patterns; take the time to do them well. Quality over quantity.

Please don't hesitate to call or email with questions, concerns, or to get additional ideas. I am here to support you in this journey and want to see you succeed!

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