

## Strategies

- Encourage visual attention by prompting the child to look at the target or the ball before it is thrown.
- Use large balls such as blow-up beach balls, balloons, screwed up paper, beanbags and small balls. The bigger the ball and the slower it moves through the air, the easier it will be for the child when learning to catch.
- Consistently prompt a child to use two hands where required. This can be a verbal prompt or by standing behind the child and physically helping them with the movements requires
- Targets can include hoops, pieces of coloured paper on the floor, floor mats, carpet tiles etc.

## Frequency of activities

Complete a 10 – 15 minute session 3 times a week. Always monitor the motivation and interest levels of the child and adjust accordingly.

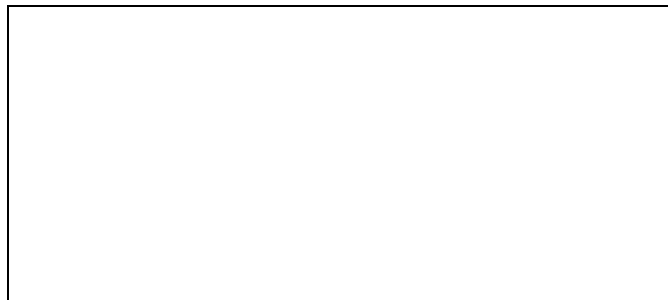
Complete activities from this sheet regularly for at least 3 months

### Improving our service

We continue to review our service to make sure that it meets the needs of those who are using it. We would appreciate any suggestions on how we may improve and also comments on what was good about the service.

If you have any compliments, suggestions or complaints, please write to or contact any member of staff in the first instance, or to the Occupational Therapy Service Lead if necessary.

**Contact details: see part 1 of pack**



## READY TO MOVE BALL SKILLS

### Early Years Activity Sheet

**PAEDIATRIC OCCUPATIONAL  
THERAPY SERVICES**

## Strategies

- If the child finds these activities challenging they are likely to need 1:1 support to help them practice and learn these skills. Practice any of these activities a couple of times each day. Choose the activity and work with the child for a short time encouraging them to achieve the task.
- Grade how much help give the child. Initially you may need to demonstrate the activity then physically guide the child through the task. As the child improves, try to reduce how much physical and verbal help you give the child so they become more independent. Praise and positively reward the child when they have achieved a part or all of the activity successfully.
- If the child avoids movement activities try doing activities that promote body awareness as these can prepare the child for the physical activity and help calm a nervous child. Activities for this may include activities that involve resistance or deep pressure e.g. helping to carry the equipment needed for the activity, tug of war, wheelbarrow walks and action songs.

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# READY TO MOVE DYNAMIC BALANCE

## Early Years Activity Sheet

**PAEDIATRIC OCCUPATIONAL  
THERAPY SERVICES**