

Early Intervention

LECKEY

Activities at home with your Early Activity System

This quick guide will provide you with some early developmental activities that can be completed at home with either the Leckey Early Activity System.

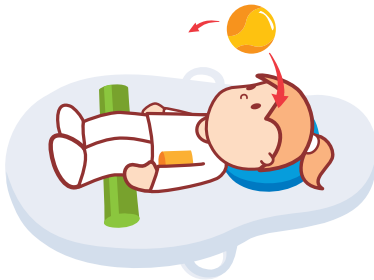
These activities help promote physical, social, perceptual and cognitive development in a variety of positions.

If you have neither pieces of equipment use some makeshift solutions such as towels and firm pillows to provide the support required.

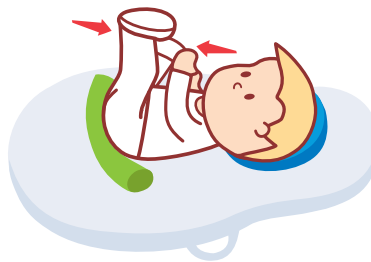
For more information contact clinical@leckey.com



Back lying (Supine) : Use a foam roll under the knees and a supportive cushion for the head



Move objects side to side to encourage visual tracking.



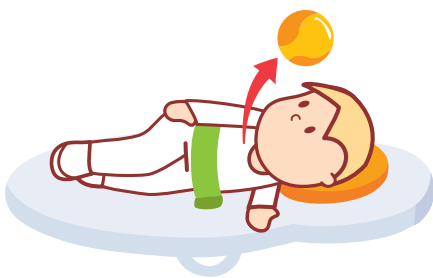
Encourage the arms and legs to come to midline for trunk strength and body symmetry.



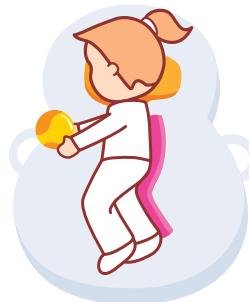
Great for communication with you!

Hold onto your child's feet and bicycle their legs to strengthen trunk and leg muscles.

Side lying : Manipulate the long foam roll to the desired shape to support the back



Move objects side to side to encourage visual tracking and head movements. Make sure to alternate sides.



Place items within reach to encourage upper limb and purposeful movements.



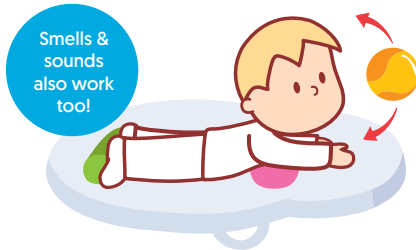
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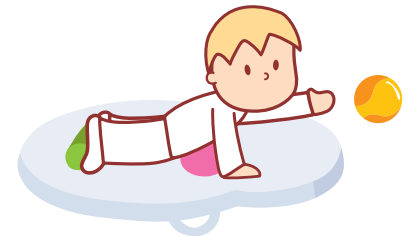
Tummy time (Prone) : Use a foam roll under the chest and one at the base of the feet



Move objects around the child's field of vision to develop head control. Try to prop the child on their forearms.



Work towards removing the chest support and extending the arms to weight bare.



Introduce purposeful reaching on both sides to encourage weight shifting. This is an important foundation for crawling.

Long-legged sitting : Build up the horse shoe supports dependant on the child's tolerance. You can place a small roll just in front of their bum to act as a shelf to prevent sliding or use the strap as anterior support. A smaller roll can also be used to act as a pommel.



Simply sitting gives the legs a good stretch and allows the arms and hands to become free and able to work on fine motor skills.



Encourage purposeful reaching to each side as this is important as a precursor to transition to sitting to lying/kneeling.

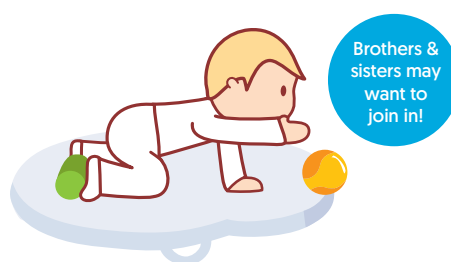


As sitting tolerance increase, work towards removing supports over time so the child is continually developing their strength.

4-point kneeling: Horseshoes or foam rolls can be placed under the child's trunk where needed and rolls should be used at feet which maintain the child in a fixed knelt position.



Supporting a knelt position will help strengthen the necessary muscles in the shoulders and hips.



Introduce weight shifts on either side, helps the child develop spatial awareness and balance.



As tolerance progresses work towards removing supports where you can. Always encourage the child to keep their head upright.