

Ideas for home!



The Brushing Technique

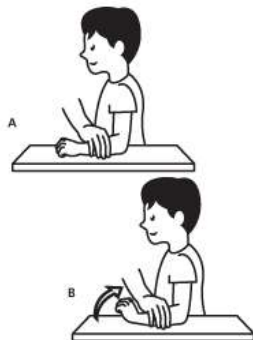
Principle: Improving tactile modulation and concentration.

What?

The brushing technique is used to improve tactile modulation and concentration. The correct brush to use is a surgical scrubbing brush made by a medical supplier and is available with your therapist.

When?

Its effects should last for up to 2 hours and should ideally be repeated every 2 hours. This is however, impractical so it is recommended to brush before school, before homework and before bedtime.



How?

Three elements involved are:

- The brush should be applied using deep pressure on the arms, legs, back and top of the hands. Sensitive areas like face, stomach, chest, armpits, palms and groin should not be brushed. The brush should be rubbed over each area 3 times.
- 10 joint compressions to each joint including the shoulders, elbows, wrists, fingers and through the spine.
- 10 jumps with legs together will work the leg joints.

Concentration Problems

Principle: This is treated using deep pressure and slow, rhythmic rocking movements.

▪ Silly Sausage

You can do this by rolling your child in a blanket and applying your body weight onto your child. Your child can also roll himself in the blanket and this will develop muscles of the trunk to improve posture.

▪ Crawly Caterpillar

Allow your child to crawl 2 mattresses and they must go in a caterpillar and come out the other side as a butterfly / moth.

▪ Hatching Chicken

Your child will lie on their back on the bed and you lie on top of your child with a pillow / cushion between you. They need to hatch out of it by pushing you off them.

▪ Deep Massage

When massaging your child, apply deep pressure into the muscles of the back, arms and legs. Creams, oils or aromatherapy can be used. Be aware of using aromatherapy as it must be diluted. Take your child with you for a massage at the salon every now and then too.



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Tactile Exploration

Principle: To exposing your child to as many different textures as possible.



- Bubble Baths
- Sandpits
- Water trays
- Hiding toys in containers filled with popcorn, rice, flour, sand, polystyrene pieces, foam or salt
- Bathing: Shaving cream pictures on the wall, draw pictures on the back and guess or
- Goopy slimey toys
- Baking, cooking and preparing salads
- Blindfold and give objects to feel and guess
- Make food coloured ice and drop them in the bath (be careful of staining)
- Play dough, elastic bands and plasters
- Finger painting
- Tickling, rubbing and massaging with creams or oils



Muscle Tone & Bilateral Integration

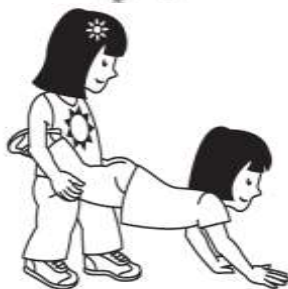
Principle: Deep pressure into the joints normalised muscle tone. The vestibular system should also be stimulated, by using fast acceleration and deceleration of movement in the 3 planes; horizontal, vertical and diagonal. The vestibular system needs to be stimulated in each plane for at least 5 minutes each time. It is important to note that for bilateral integration, you must use two sides of the body in the same motion or alternate motions.



Everyday activity examples



- Swings
- Seesaw
- Rolling down the hill
- Slides
- Trampolines
- Pushing and pulling
- Encourage to carry heavy things like shopping
- Hopping
- Skipping
- Jumping
- Galloping
- Imitating different sequences of movement
- Wheelbarrow walking
- Spinning around (not for too long as the dizziness should be comfortable for the child)
- Throwing and catching the ball with 2 hands
- Kicking the ball to each other
- Silly sausage as on page 1 in "Concentration"
- Bunny hops



More detailed MT & BI exercises on Page 3



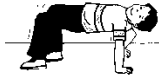


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Muscle Tone & Bilateral Integration

Principle: Deep pressure into the joints normalised muscle tone. The vestibular system should also be stimulated, by using fast acceleration and deceleration of movement in the 3 planes; horizontal, vertical and diagonal. The vestibular system needs to be stimulated in each plane for at least 5 minutes each time. It is important to note that for bilateral integration, you must use two sides of the body in the same motion or alternate motions.



More detailed examples

- **Back kicks:** Lie your child on his back with his knees elevated so the bottom of the feet are facing you in the air. Throw the ball and your child must kick the ball first, with both legs together and then once with the right and then once with the left
- **Crab walking:** Have your child lie on their back and push themselves up onto their hands and feet. They must then walk sideways like a crab. Bum tight and tummy flat
- **In front march:** Your child must lift their knee high enough for it to touch the opposite elbow and then alternate
- **Behind march:** Your child bends their leg behind them with the opposite hand grabbing the foot and then alternate comfortably
- **Star jumps:** Your child stands with their feet apart and arms stretched out to the side and as the feet jump together, the hands must clap above the head. Then they jump with feet apart and arms come slapping down to the sides of the legs
- **Scissor jumps:** Your child stands again with feet apart and arms hanging by the side. They jump the feet together, but this time, they must cross each other, then back out and then swap feet crossing in the front
- **Twist jump:** This jump encourages the rotation of the trunk. Your child must stand with toes pointing to the corner of the room and arms pointing to the other and then alternate
- **Power ranger jumps:** Your child lunges with one leg in front and the opposite arm in a fist in front of them. In a jumping motion, they must swap arms and legs. Children generally try to use the same arm and leg, but please try to encourage opposite arms and legs
- **Wall push ups:** Stand with legs a little apart and a bit away from the wall with arms outstretched to the wall. Your child must collapse and stretch out their arms so that their forehead touches the wall
- **Knee push ups:** Your child kneels on the floor and puts palms flat on the ground. They can then collapse and stretch out their arms so that their chin touches the floor
- **Windmills:** Your child will stand with feet apart, arms stretched out straight to the sides and bend their trunk toward the floor. They must touch their foot with the opposite hand and twist round to alternate. Arms should always be in line with each other so that there is shoulder movement and not arm movement





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Fine Motor Skills

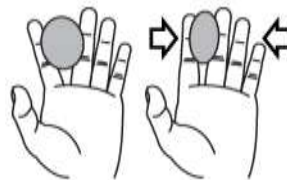
Principle: The idea is to use the fingers and hand in as many activities as possible. Applying pressure to the fingers creates a better idea of where the fingers are in space and then the brain can manipulate the muscles better. Involving a variety of textures also improves proprioception.



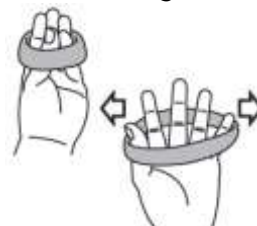
- Cutting
- Drawing with Mon Ami crayons and the 3 side pencil
- Finger-painting
- Play dough
- Prestick
- Finger puppets
- Colouring small areas (to encourage movement in the fingers rather than having all the movement in the wrist)
- Pushing buttons
- Dressing independently
- Maizena: Mix maizena with water and form a ball. Add more water for a "ghost blood" consistency. The disintegrated ball of maizena can be put onto a paper towel and it will dry out and harden
- Draw letters, shapes etc... in sand or shaving cream or using platercine, prestick or play dough



- Rolling a small ball of prestick between the index and middle finger and thumb into a ball and then a sausage



- Stretching elastic bands between the fingers



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Midline Crossing

Principle: Encourage your child to cross over the imaginary line down the middle of their body.

Please follow most of the MT and BI exercises listed in Page 2 & 3 as they all promote midline crossing!

- When throwing a ball to your child, throw it off centre to the side and they must catch with both hands. As your child progresses, you can throw it more to the side
- Riding bikes, music, chores and tennis are great work outs for both hands
- When doing any action which requires your child picking something up, ensure they fetch the object with the opposite hand. For example:
 - a. **Lefties:** You must put objects on their right
 - b. **Righties:** You must put object on their left
 - c. **Not chosen a hand:** If the toothbrush is sitting to on their left, they must pick it up with the right hand. If their crayons are on the right, they must collect it with the left hand etc...



Play Dough Recipe

1 cup flour
1 cup salt
1 tablespoon oil
Mix together (add colouring if you like)

After your child has played with it, bake it at 180° until hardened and they can then paint and keep it if they like?





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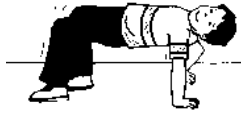


Postural Tone & Control

Principle: To accomplish improvement of postural tone and control your child needs to do at least 3 of these activities 3 times a week. Alternate exercising but at least one back and one stomach in each session.



Both areas exercising with a ball



1. **Crab walking:** Have your child lie on their back and push themselves up onto their hands and feet. They must then walk sideways like a crab. Bum tight and tummy flat
2. **Crab soccer:** Same as above with the difference of now kicking a ball around with it
3. **Wheelbarrow walks**



Stomach exercising with a ball

4. **Push ball:** Your child must lie on their tummy and you must roll the ball to them, they then catch it and roll it back to you. Legs must stay together and arms must be bent at the elbows to the side of them and off the ground
5. **Hoola hoop ball:** Same as above but this time, they must aim and shoot it through a hoola hoop, which you will hold 20 - 30cm off the ground for them
6. **Tummy Soccer:** Same as push ball, but you lie down the same way as your child but facing them with a 1.5 meter distance between you. Keeping your elbows bent to the side and off the floor, you can hit the ball to each other



Back exercising with bean bags

7. **Hoola hoop beanbag:** Your child should lie on their back with their knees bent up and feet slightly apart on the ground. They must lift their head to see around them. They must shoot the bean bag into the hoola hoop on the floor 1 meter away
8. **Back kicks:** Lie your child on his back with his knees elevated so the bottom of the feet are facing you in the air. Throw the ball and your child must kick the ball first, with both legs together and then once with the right and then once with the left
9. **Overhead beanbag:** They must lie on their back and hold the beanbag in their feet. Place a hoola hoop 1 meter from their head. They must flip the bean bag into the hoola hoop



hint: ball should be a 53cm rubber ball



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Eating & Diet

Breakfast

- Low GI toast with peanut butter
- Boiled or scrambled egg
- All bran flakes - as last resort

Lunch

- Yoghurt
- Drywors or biltong
- Boiled or scrambled egg
- Cheese (in the red wax)
- Low GI sandwich

Dinner

- a Protein
- Vegetables

Juices

- Water
- Fruit juices
- Green oros

Vitamins

- Crècheguard multivitamin (Dischem)
- Crècheguard brain fuel (Dischem)
- Maxi mind (health stores)

Tips

- Replace sugar with honey



Foods to avoid

Anything with sugar
Processed food

Fizzy drinks
Anything coloured



... The End ...