



www.liberty-post.com

Gross Motor/Physical Therapy at Home

Babies

Check with your physical therapist or occupational therapist to determine what the best or safest activities are for your particular child's needs

Vestibular (mom/dad/caregiver provides movement for me)

- ✚ Place baby in empty box/laundry basket and give them rides.
- ✚ Blanket rides by parents/older siblings: baby can sit on or lie on
- ✚ Swinging in blanket (often will take 2 adults)
- ✚ Rocking on therapy ball or small beach ball
 - Can rock sideways, back and forth, in circles

Proprioceptive (heavy work activities for my large muscles)

- ✚ Let baby assist with pull to sit, if older baby that has learned this, you can still do this for input and core strengthening
- ✚ Different play positions: tummy, sitting, sidelying
- ✚ Various textured toys and play mats
 - yoga mats, blankets, variety of material etc



www.liberty-post.com

General Strengthening (to make my muscles strong)

- ✚ Place couch cushions on floor and let baby play/crawl on cushions.
- ✚ Get them on the floor to play. Avoid sitting in car seats or other baby items for more than 15 minutes at a time.
- ✚ Give the babies boxes and other safe recyclables to play with (with supervision).
 - Empty Paper towel rolls, used up magazines
 - babies like to crinkle and rip paper....just don't let them eat it!!
- ✚ Remember a VARIETY of positions to play is optimal for babies.
- ✚ Use modified positions the therapists have taught you.
- ✚ Music: just put on some kids music and dance. Even babies will move to music and it is also good for sound production
- ✚ Encourage imitation: you imitate them, they imitate you.
- ✚ Get outside: we are practicing social distancing, but you can still go for a walk or play in your backyard.

Ball Skills

- ✚ For babies that can sit: roll a ball to them that they can "corral" or "catch"
 - This is great for strength, balance and eye strength



www.liberty-post.com

General Gross Motor Play

- + Make forts, etc out of blankets and furniture. Play in, crawl in, etc.
- + Exercise together: lots of online free exercises for adults now. Exercise and encourage your baby to move with you. They can do most anything modified.....often they will modify on their own.. It may be as simple as them waving their arms, patting their legs, making sounds, or moving their legs
- + Bubble Play: you can do this from afar and they can watch the bubbles
- + Get outside: we are practicing social distancing, but you can still go for a walk or play in your backyard.

Balance

- + Sitting on various surfaces such as couch cushions, low stools, mom/dad/caregiver leg
 - o Do this ONLY with supervision
- + Depending on motor skills, you can practice standing at the couch, standing with two hands, standing with one hand, standing with back against the couch facing you

Imitation Skills

- + Motor imitation songs
 - o You tube
 - o Spotify
- + Simple games like clapping, peek a boo, etc. that baby can imitate



www.liberty-post.com

DEVELOPMENTAL POSITIONS

Lying on back

- ✚ Present toys at midline and let baby reach for them
- ✚ Encourage rolling to side
- ✚ Present toys at midline then slowly move toy side to side to work on eye tracking and vision strength
- ✚ Present toys to either side to encourage rolling
- ✚ Gently bring feet to hands and encourage baby to grasp
- ✚ Gently tap feet together

Lying on belly

- ✚ If baby tolerates flat, place toys in front of them to entertain
- ✚ While on belly sing songs, you can get on the floor in front of them
- ✚ Encourage rolling to side
- ✚ If baby does not tolerate flat, use boppy pillow, parent chest, etc to help elevate to relieve belly pressure
- ✚ If baby has more advanced motor skills, place toys just out of reach so they have to reach/roll to them or attempt to crawl to them

Lying in sidelying

- ✚ Place interesting toys near them so they can reach



www.liberty-post.com

- ✚ Encourage rolling to back or stomach

Sitting

- ✚ Use appropriate support such as boppy pillow or adult support
- ✚ Can position boppy in front of baby to support arms and head
- ✚ Place baby arms over caregiver legs or place baby in sitting between caregiver legs for more support, offer toys for entertainment
- ✚ Present toys at midline/in front of baby to encourage reaching and balance

Rolling

- ✚ use side lying on either side to begin process of rolling
- ✚ place toys out of reach to either side or use yourself as motivation to encourage rolling
- ✚ you can gently assist by guiding the baby to roll from belly to back and back to belly. Reach out to Physical Therapist for guidance on hand position and techniques for keeping baby head and arms safe



www.liberty-post.com

Standing (complete these activities only with close supervision)

- + baby can sit on a couch cushion or stool facing the couch and have them pull to stand from there. Place items of interest on the couch for them to come to.*
- + If you are having them work on cruising (walking along furniture), place items on either side of them while standing at the couch to work on moving side to side.
 - o Initially place just out of reach to allow weight shift, then as they gain skill move further away**
- + Walk with two hands held. If baby seems not secure, move adult hand support to under shoulders or hips
 - o As baby gains control, use one hand*
 - o As baby gains control, place them with their back against couch with adult sitting on floor in front of them, encourage them to reach for adult and eventually take steps to adult**



www.liberty-post.com

Walking

- ✚ If you are having them work on cruising (walking along furniture), place items on either side of them while standing at the couch to work on moving side to side.
 - Initially place just out of reach to allow weight shift, then as they gain skill move further away
- ✚ Walk with two hands held. If baby seems not secure, move adult hand support to under shoulders or hips
 - As baby gains control, use one hand
 - As baby gains control, place them with their back against couch with adult sitting on floor in front of them, encourage them to reach for adult and eventually take steps to adult

REMEMBER SELF CARE. When your child is sleeping or engaged in a TV show take time for yourself to do Yoga, exercise, take a bath, read a book, catch up with a friend using an online media platform (FM Messenger, Zoom, etc) or if another caregiver is present, take a walk by yourself. Remember taking care of yourself is as important as taking care of your child.