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Gross Motor/Physical Therapy at Home

Toddlers

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 toddler in empty box/laundry basket and give them rides.
- ✦ Blanket rides
- ✦ Swinging in blanket (often will take 2 adults)
- ✦ Rocking on therapy ball or small beach ball
 - Can rock sideways, back and forth, in circles



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Proprioceptive (heavy work activities for my large muscles)

- + Fill laundry basket/box with books and allow them to push it around the house.*
- + Let toddler put books into and out of box/laundry basket*
- + Tug of war game*
 - o Can you favorite blanket, etc. Make it fun like you are trying to take it but*
 - don't win*
- + Step into and out of box/laundry basket*
- + Push on walls to "make the room bigger" with your feet or hands*



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General Strengthening (to make my muscles strong)

- ✦ Tug of war game
 - Can you favorite blanket, etc. Make it fun like you are trying to take it but
 - don't win
- ✦ Step into and out of box/laundry basket
- ✦ Push on walls to "make the room bigger" with your feet or hands
- ✦ Take my pet for a walk: use ribbon or extra dog/cat leashes to allow toddlers to walk their "pets" (stuffed animals) (with supervision only)
- ✦ Yoga: toddlers can do simple yoga poses such as downward dog, upward dog, tree, etc.
- ✦ Music: just put on some kids music and dance. Encourage imitation: you imitate them, they imitate you.
- ✦ Use shoe boxes or paper plates as skates
- ✦ Painters tape: put down to jump over
- ✦ Get outside: we are practicing social distancing, but you can still go for a walk or play in your backyard.



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Ball Skills

- ✚ *Balloons: you can hit them with pool noodles, or just play with them. USE SUPERVISION*
- ✚ *Create a bowling game with recyclables (empty soda/water bottles, empty paper towel/toilet paper rolls, etc.). Use a playground ball, tennis ball, etc as a "bowling ball"*
- ✚ *Practice kicking, throwing, catching where it is safe*
- ✚ *You can also practice catching with bean bags, blankets, clothing, sponges or anything soft that is around the house*

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 toddler to exercise with you. They can do most anything modified.....often they will modify on their own so you do it (maybe at slower pace) and have them copy you*
- ✚ *Bubble Play: they can clap them, step on them, stand on one foot to try to pop them*
- ✚ *Get outside: we are practicing social distancing, but you can still go for a walk or play in your backyard.*
- ✚ *Make an obstacle course out of things you have at home*
 - *Couch cushions*
 - *Boxes/Laundry baskets*
 - *Pool noodles*
 - *Step stools*
 - *tunnels*



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Balance

- ✚ Imitate standing on one foot
- ✚ Place objects on the floor to step over
 - Can use pool noodles
 - Broom handles
 - Shoes

Imitation Skills

- ✚ Motor imitation songs
 - You tube
 - Spotify
- ✚ Simon says

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.