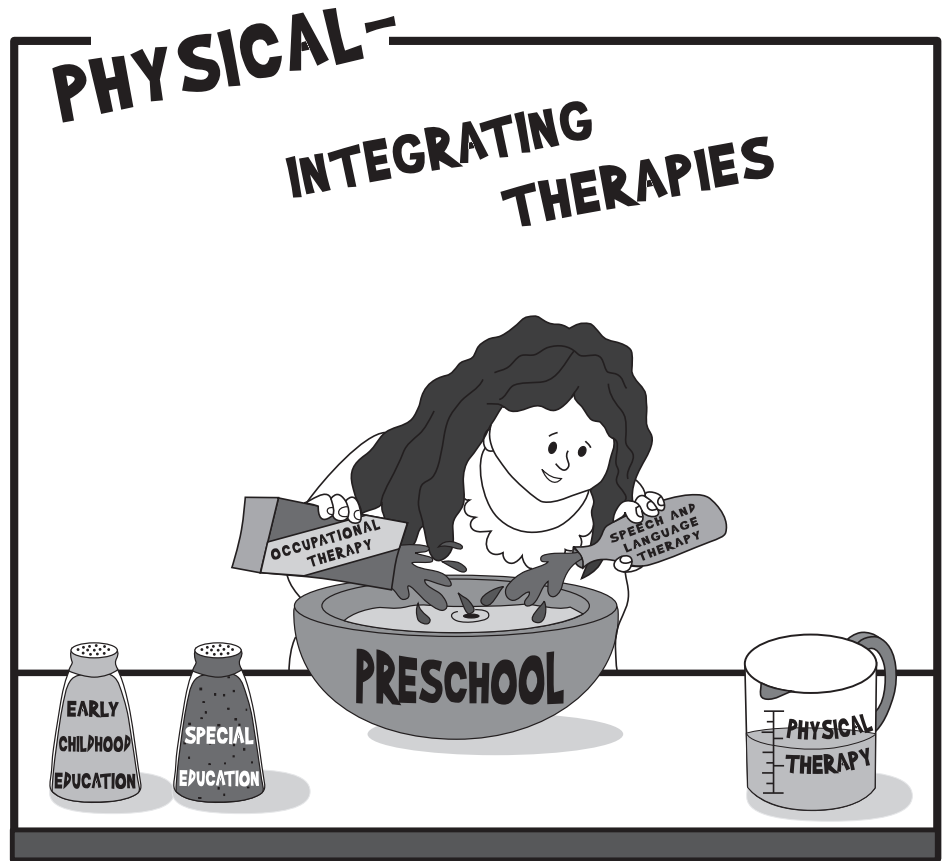


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# *Including All Children*

*supporting preschool-aged children with disabilities*



Name: \_\_\_\_\_

Site: \_\_\_\_\_

Trainer: \_\_\_\_\_

Date of Completion: \_\_\_\_\_

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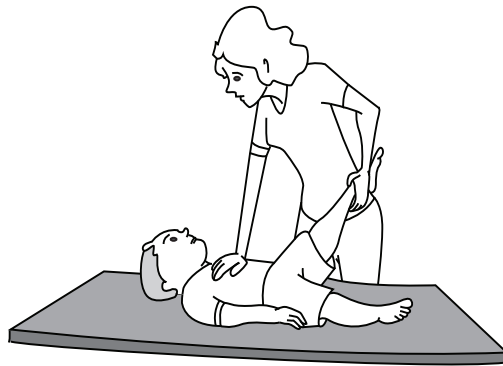
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# PHYSICAL - INTEGRATING THERAPY GOALS INTO EVERYDAY ROUTINES

This Skill-Building Journal accompanies the Preschool *Including All Children / Physical — Integrating Therapy Goals into Everyday Routines* Module. You should read the Module before starting any activities.

## In this Preschool Skill-Building Journal...

- You continue to BUILD your knowledge base about the physical needs of preschool children with disabilities
- You COMPLETE activities to help you effectively put your knowledge into practice
- You have lots of opportunities to SHARE your thoughts with your colleagues and your Trainer



# LEARNING ACTIVITY

## Giving Children Support During Everyday Routines

This matching exercise helps you review some of the important things you should remember when talking with children about playing safely.

### Directions

- READ Jose's story below.
- FILL-IN the blanks.
- You may REFER to the *Physical — Integrating Therapy Goals into Everyday Routines* Module to help you complete this activity.

### Story

Jose is a four year old boy with Down syndrome. Before he enrolled in Ms. Walker's Family Child Care home, his mother and a community nurse met with her. They wanted to review the activities and routines of Ms. Walker's program so that together they could plan for any adaptations needed. Ms. Walker also wanted to meet so that she would be ready for Jose.

"Let's take a minute and talk about Down syndrome," said the nurse. "You can expect that his muscles will be \_\_\_\_\_ or \_\_\_\_\_. So let's think about some times during the day when this might pose a problem."

"Well," replied Ms. Walker. "During our morning gathering we sit on the rug. Another child I had with Down syndrome had trouble sitting up for more than a few minutes. So I expect Jose will too."

**"Here are a few of things that you can do," offered the nurse:**

- (1) \_\_\_\_\_
- (2) \_\_\_\_\_
- (3) \_\_\_\_\_

"Those are good ideas — and easy, too!" exclaimed Ms. Walker.

"Good, now let's go outside and take a look at your play area," said Jose's mother.

Out in the yard Ms. Walker has a swing set, a fun tube, climbing ladder with hanging bar, and a large sand pile. Several tricycles and Big Wheels are evident.

"I guess he won't be climbing?" questioned Ms. Walker.

"Oh, he loves to climb!" responded Jose's mother. We just need to

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"OK. I guess I can arrange for that," said Ms. Walker. "Will he need help swinging?"

"He hasn't been on swings before," said his mother. "But I'd love it if he could try."

"I've got an idea," said the nurse. "How about

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"Looks like Jose is going to really enjoy himself here," said his mother. "Thank you Ms. Walker for working with us."

"No problem! It helps me when I get support to make the changes needed for Jose. They aren't hard ones at all!"

Now compare your answers with these:

**SAMPLE ANSWERS**

Let's take a minute and talk about Down syndrome," said the nurse. "You can expect that his muscles will be **low tone** or **hypotonic**. So let's think about some times during the day when this might pose a problem."

"Here are a couple of things that you can do," offered the nurse:

(1) Make sure that you build movement into your rug time. Use music, dance, finger plays while standing up etc.

(2) Offer chairs to any of the children who prefer to use one.

(3) Get a couple of small beanbag chairs for Jose and another child to use.

"Oh, he loves to climb!" responded Jose's mother. "You just need to give him a boost and make sure that he is hanging on tight before you let go. We put some adaptive knobs on our climbing set at home."

"I've got an idea," said the nurse. "How about I get you an adaptive swing? It provides more support and the other kids will love it too. I can tap some funds for this."

Share your responses with a colleague and get her/his feedback.



I shared my responses to this activity with \_\_\_\_\_ on \_\_\_\_\_.  
colleague date