



Down Syndrome Association
OF NORTHWEST INDIANA & CHICAGOLAND



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Special Thanks to:

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<http://dsaofnwi.org/>

Working on: Positioning

In partnership with:



Activity 1: Back-lying Hand to Foot Play



- Towel roll placed under child's bottom
- See if they bring their arms and legs together
- You can assist by:
 - Bringing hands together
 - Bringing hand to foot
 - Lifting legs so child reaches for feet
- Ribbons, jingle bells around ankles may encourage reach
- Try to incorporate after naptime or after diapering!

Activity 3: Forward Facing Carry



- Child facing away from you
 - Head supported against your chest
 - Back straight against your body
- Support child's legs and bottom evenly on your hand
- This should look like a seated position for your child
- Your other hand can:
 - Be placed across child's chest
 - Move child's hands to center of their body
- Try to incorporate as you move from room to room!

Activity 2: Tummy Carry



- One arm through child's legs; other around chest
- Rock forward and backward
 - (i.e. to your left and right)
- Roll child onto side
 - (i.e. with their back against your chest)
- When starting out, child is close to your body
- As you both become more comfortable, you can move them further from you!

Activity 4: Sidelying with Support



- Place towel through child's legs
 - Front of towel provides support to belly
 - Back of towel is behind their head for safety in case your child rolls onto their back
- Bend your child's top leg, keeping bottom leg straight
- Bring a toy in front of your child at chest level, encouraging them to play in this position!