

Your Program Assignments

Name: _____ Date: _____

CRAWLING: _____ Minutes _____ Times Per Day

- DO - Keep the belly button on the floor and move forward.
- DO - Leave socks/shoes OFF.
- DO - Use the longest, straight smooth surface possible to crawl on.

- DON'T - Coach, provide helpful hints, comments or critiques.
- DON'T - Carry items in hands.
- DON'T - Leave a child to crawl alone and/or without a mind-occupying activity.

CREEPING: _____ Minutes _____ Times Per Day

- DO - Keep on hands and knees and move forward.
- DO - Leave socks ON.
- DO - Use kneepads if over eight years old.

- DON'T - Coach, provide helpful hints, comments or critiques.
- DON'T - Carry items in hands.
- DON'T - Leave a child to crawl alone and/or without a mind-occupying activity.

VESTIBULAR STIMULATION: Daily Goal _____ times for _____ seconds each

- DO - Complete one vestibular activity at a time, not as a series.
- DO - Each vestibular activity separated by 5 minutes or more.
- DO - Use the widest variety of vestibular movements possible. See handout.
- DO - Go at a speed that is WITHIN YOUR TOLERANCE; vestibular activities should not cause distress.

MASKING: Daily Goal _____ sets, each set has _____ masking cycles

A single masking cycle is completed by wearing the mask for UP TO ONE minute followed by a MINIMUM of ONE MINUTE OFF.

A set of masking is completed by repeating the cycle one minute on, then one minute off, for ten repetitions.

Sets of masking should be separated by a minimum of 10 minutes.

- DO NOT keep the mask on for more than the ONE-minute limit.
- DO NOT shorten the ONE-minute pause between masking cycles.
- DO NOT shorten the TEN-minute pause between masking sets.

PATTERNS - TECHNIQUE IS IMPORTANT. STRIVE FOR ACCURACY AND QUALITY OVER QUANTITY.

1. _____ Daily Goal = ____ reps ____ minutes ____ times each day
2. _____ Daily Goal = ____ reps ____ minutes ____ times each day
3. _____ Daily Goal = ____ reps ____ minutes ____ times each day
4. _____ Daily Goal = ____ reps ____ minutes ____ times each day
5. _____ Daily Goal = ____ reps ____ minutes ____ times each day
6. _____ Daily Goal = ____ reps ____ minutes ____ times each day

SENSORY STIMULATION:

Strong Sensory Stimulation

Compressions _____ times for _____ seconds each

Vibrations _____ times for _____ seconds each

Other _____ times for _____ seconds each

Light Touch Sensory Stimulation

Assorted textures _____ times for _____ seconds each

Assorted touches _____ times for _____ seconds each

Trigeminal Nerve Stimulation _____

Visual/Motor Stimulation _____

Other activities, detailed below:
