
Web Sites

<http://www.ah.ouhsc.edu/tolbert>

<http://puckett.org/childlearn>

<http://tactics.fsi.edu>

<http://www.cpd.usu.edu/spies/default.htm>

<http://www.Ideapractices.org>

<http://www.cde.state.co.us/earlychildhoodconnections/localnaturalenvironments2.html>

Videos

Being a Kid. Distributed by Western Media Products
(available at 800-232-8902 or <http://www.media-products.com>)



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Everyday Experiences Make a...

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 **Comprehensive System of
PERSONNEL DEVELOPMENT**

PROVIDER NOTES

... Lifetime of Differences.

Dear Colleagues,

Everyday experiences make a lifetime of differences for all of us. In today's world we find ourselves struggling with how to fit "it all" into our lives. Imagine trying to fit everything in on top of having a child with special needs. These brochures were designed with this in mind.

As you guide families and caregivers in your practice, recall the amount of time and routine opportunities that caregivers have to promote skills within their children's natural environment. These natural environments are opportunities in which therapeutic strategies are supported in a setting that is frequent and familiar for caregivers and families. For example, if you are working on promoting hamstring elongation and trunk rotation during sitting incorporate reaching for clothes while dressing.

For developing bilateral hand use, proper grasping patterns, and sitting balance, consider recommending some of the home bathing activities or non-traditional playtime suggestions including "cooking" and "serving".

Diapering is always a challenge but offers many opportunities to promote midline orientation, shoulder protraction, and visual tracking. Talking to children during times like riding Metro, during the weekly carpool, or during feeding can be a great chance for learning language concepts.

Opportunities to enhance overall body strength, stability, and coordination can be found by varying playtime positions and manipulating everyday objects in the home.

Encourage independent mobility skills by allowing children to climb and crawl over bolsters and obstacle courses in the clinic, but why not incorporate these activities into daily events such as playing at the neighborhood playground, going up and down stairs in apartment buildings, carrying bath supplies to the bathroom, or cruising along furniture to obtain toys placed out of reach?

Tight adductors and pelvic mobility can be worked on by encouraging varied carrying techniques or while sitting supported on a caregiver's lap during Metro rides or while in the waiting room at doctor's appointments.

As clinicians, promoting skill development, achieving developmental milestones, and charting specific progress is tremendously important to assist children to develop to the best of their capabilities. Imagine the consistent, enriching opportunities during the magical moments children and caregivers experience daily. The potential is limitless. Use everyday experiences to make a lifetime of difference within the lives of the children and families with whom you serve.

Print Resources

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McEwen I, ed. *Providing Physical Therapy Services Under Parts B & C of IDEA*. Section and Pediatrics, APTA 2000.

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Shelden ML, Rush D. The ten myths about providing early intervention services in natural environments. *Infants and Young Children*. 2001; 14(1):1-13

Show me *the way to* achieve my best *each* day!