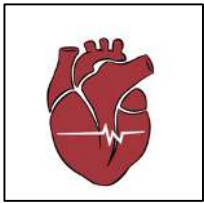


Tip-sheet for caregivers

Activities to stimulate play for development

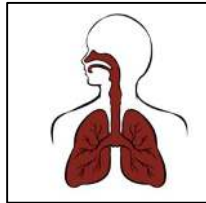
WHY?



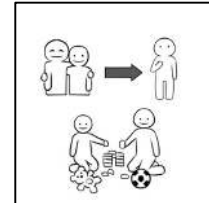
healthy blood
flow



build muscles



breathe



learning by
doing



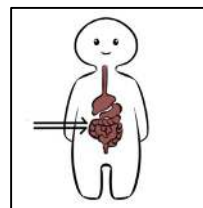
enjoy sitting,
standing, moving



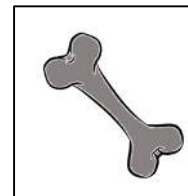
Interact with
peers & family



use hands



Support active
digestion



strengthen
bones



healthy
sleep

HOW?

When playing together, position yourself on eye level. Practice taking turns



Give praise for attempts and encourage exploring materials.

Play help stimulate communication, eye hand contact, hand strength, coordination of movement and so much more.



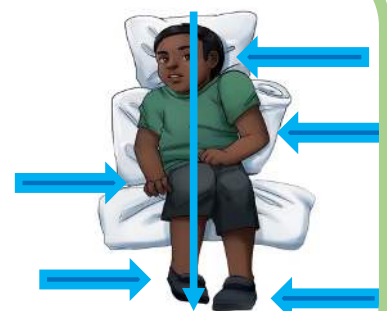
X



Lying or sitting unsupported, or only in the mothers' arms makes it difficult to generate enough strength to use the hands to play and also increases burden for parents

✓

Arrange a well supported position with pillows, blankets or supportive seats.



WHAT?

Materials out of reach or not well supported positioning can prevent active participation in self-play or playing with other children.



X



Arrange play materials within reach to stimulate the ability to play, the child himself or with others.

✓

Let the child explore by providing materials, play opportunities and physical support to play.



✓

Help the child, siblings and peers to explore opportunities to play together for participation, social interaction and well-being.



✓

Passive exercises as isolated intervention doesn't support physical development.



X



Include play in therapy to make it fun, meaningful for the child, motivating to repeat and have a positive effect on development.



✓

Make toys from locally available resources in and around the house (e.g., wood, bottles, seeds, caps). Place it within reach on a tabletop or attached to a playframe.



✓