

## **GENERAL PRINCIPLES FOR COMPLETING CHILDREN'S PHYSIOTHERAPY ACTIVITY ADVICE.**

We hope you find the attached information and suggested activities useful.

Below are a few tips to help get the most out of the activities and your child.

- We find the best way to get children engaged in trying and practising different activities is to make it fun.
- Always start with activities you know your child will succeed with so they are then more confident to try more challenging tasks.
- 10 minutes spent doing activities every day is more effective than doing 2 hours, 1 day a week.
- If your child is becoming frustrated or upset it is usually not worth persisting at that point, but trying again the next day, with a slightly easier activity. Unless children can see some improvement or success in what they are doing, it is very hard to keep them motivated.
- 'Sticker' or 'Star' charts leading to small rewards can also be a useful tool in engaging children in activities.
- In order for children to master certain skills, thousands of repetitions are necessary, so don't give up if you don't succeed initially.
- Children gain different skills at different ages and each child develops slightly differently. Focus on the outcome of the activity – rather than how they get there.
- If your child continues to have significant functional difficulties, it may be beneficial to seek a referral to the Children's Physiotherapy Service via your GP or School Nurse.
- You will find an Activity Recording Sheet on this website which is useful for recording what activities you have tried, and what has been successful. This will be useful to show what you have tried when seeking a referral to the Physiotherapy Service.
- Good Luck and Have Fun!

Children's Physiotherapy