



Supporting Positioning & Participation During Playtime

Playtime is an important part of development, but children with complex needs may need extra support to join in. Try the ideas below to help your child participate during playtime.

Help Your Child Play Safely

- Use towel rolls or pillows to help prop your child up if they are not able to sit on their own.
- Place a boppy-type pillow behind them or on their lap to prop their arms on.
- Limit time in swings, seats, bouncers, and walkers.

If your child needs additional support, talk to your service provider about assistive technology options in your area.

Make Playtime a Fun Learning Experience

- Follow your child's lead to discover what they enjoy playing. They may prefer household items over toys.
- Be playful during interactions! Use faces, sounds, songs, and voices to keep your child engaged.
- Keep pressure to complete task low and let your child play freely.

If you're concerned about head preference, position your baby so they must look to their non-preferred side.

Include Your Child in Daily Routines

- Let your child help with chores like carrying laundry or pressing buttons on appliances.
- Clean up together by putting toys away or wiping spills.
- Wear your baby and talk or sing to them while you work.

Children learn best when they are engaged and having fun!