



# Supporting Purposeful Participation During Movement & Mobility

When we move our bodies, we move for a reason. For children with complex needs, movement may be more challenging. Try the ideas below to help your child engage their muscles and move their body purposefully by offering the *just right* amount of support.

## 1. Understand What Motivates Your Child to Move

- Following a family member.
- Reaching for a favorite toy.
- Searching for a snack.
- Transitioning between routines.

## 2. Notice Cues Your Child Wants to Move

- Look toward a toy or snack.
- Reaches toward an object or person.
- Makes a sound.
- Shifts position.
- Uses facial expressions.

## 3. Recognize Your Child Wants to Move

- Read your child's cues and try to guess what they want.
- Decide how much help is just right to give them.
- Let them do as much movement as they can.
- Focus on activities that matter to the child.

Children are motivated to move by things they enjoy.