




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


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

2 Notice Cues Your Child Wants to Move

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- 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

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- 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.



Family, Infant and Preschool Program
of the
J. Iverson Riddle Developmental Center



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