

Thera kids

WATCH FOR UPCOMING ISSUES:

- CROSSING MIDLINE
- HOW GROSS & FINE MOTOR AFFECT ACADEMICS

**ADDRESSING THE NEEDS OF EDUCATORS
AND PLANTING THE SEEDS OF CLASSROOM WELLNESS.**

LACK OF “TUMMY TIME” & DEVELOPMENT DELAYS

The central nervous system develops between birth and 8 years of age. At this time, the brain is wired and the foundation is laid for reading, writing, socialization and healthy behavior. When a child does not spend enough time on their stomachs, delays in developmental milestones, attention, perception and pre-reading may show in school. Sensory development, gross and fine motor delays may also be affected. These are all core parts of the foundation for learning.

Classroom floor activities to promote tummy time:

- Reading a book
- Group activities
- Playing games
- Manipulative/ blocks

Home floor activities:

- Television
- Video games
- Homework
- Coloring



Do not prop your chin with your hands and keep your legs straight.

Tummy Time activities improve:

- Upper body strength
- Reading & writing
- Scissor skills
- Climbing
- Neck muscle development
- Crossing midline
- Visual motor
- Sensory processing
- Attention
- Bilateral coordination
- Eye tracking
- Hand dominance

Website:

<http://www.devdelay.org/newsletter/articles/html/273-tummy-time-and-crawling.html>

<http://www.developmental-delay.com/page.cfm/183>

<http://occupational-therapy.advanceweb.com/Archives/Article-Archives/Why-Tummy-Time-Matters.aspx>

<http://www.developmental-delay.com/page.cfm/183>

<http://www.ky3.com/news/contactky3/ky3-lack-of-tummy-time-blamed-for-developmental-delays-02232011,0,3781056.story>

Therakids P.C. provides specialized occupational, physical and speech therapy services to help children overcome developmental concerns. Services are provided in the school setting throughout southwestern Illinois by licensed occupational therapists, occupational therapy assistants, physical therapists, physical

