**Physiotherapy Advice**

Gross Motor Skills

**SIDE-LYING ACTIVITIES**

**Aim:** Working on ability to roll which aids midline crossing and rotation and ability to bring hands together for play

**What to do:**

1. Ensure area is clear of other obstacles
2. Assist child into side-lying position on floor ensuring that support is provided if required
3. Place toys in front of child and encourage him/her to reach for and play with toys using both hands
4. Take one of the toys and move it slightly behind the child
5. Encourage child to turn head/body and reach behind to grab the toy and bring it back down to floor in front of them
6. Repeat with several toys…for younger children, you can pretend that the toys are flying through the air as they are passed between you and your child
7. Repeat activity whilst lying on other side

**Variations:**

* Use side-lying as a position for child to play in for a longer period of time as it promotes awareness of midline and also use of both hands together for play, i.e. place a pop-up toy or stacking toy or shape sorter in front of child whilst he/she is in side-lying. Using a mirror in side-lying is also a nice activity for some children. Don’t forget to do the activity in side-lying on both sides!
* In side-lying, place ball on floor in front of child. Assist child to place top hand onto ball. Encourage child to roll ball forwards and back, and also up and down. Provide assistance with this activity as required
* Rolling side to side with assistance as required

Important Note

Encouraging gross motor skills requires a safe, open play space and adult supervision at all times. Helping a child succeed in gross motor tasks requires patience and opportunities for a child to practise desired skills.

Remember, each child is an individual and children develop at different rates. You know your child best so ensure the activity is aimed at an appropriate level for him/her and provide supervision/assistance at all times.