

General Gross Motor Safety

When it comes to gross motor activities safety is the most important! We want to ensure that all of our students are safe when completing any gross motor tasks. Below are some helpful tips and tricks to make sure that our students remain safe during this time away from school.

1. **Skin Checks:** If your child wears AFOs (ankle foot orthotics) or any other bracing, it is important that their feet or any other area that the orthotic covers are checked on a regular basis especially if they are new to wearing the orthotic or if they recently received a new pair. Most orthotists will give a wearing schedule for your child to follow while becoming accustomed to the orthotic, but if they did not please reach out and we can provide you a wearing schedule. If you would like assistance with orthotic skin checks, we can also set up a Zoom call.
 - If you see any of the following when completing an orthotic skin check please reach out to your orthotist:
 - Redness lasting more than 30 minutes after taking of orthotic unless your child has sensitive skin
 - Bruising
 - Skin break down/irritation

Information from (<http://www.orthologix.com/pdfs/afo-wearing-instructions.pdf>)

2. **Safe Environment:** when completing gross motor activities at home it is important that the area your child is exploring/working in is safe. Below are some tips and tricks to make sure that their environment is safe for play!
 - When completing positioning or sitting activities make sure your child is on a comfortable and supportive surface (floor mat, yoga mat, bed, etc.)
 - Make sure there are no hazardous items around for your child to roll on, step on, or put in their mouth.
3. **Assistance and Supervision:** it is important to provide your student with the appropriate amount of safety and supervision while completing gross motor activities at home! If this is their first time completing an obstacle course at home, give them your hand for assistance. If you are working on floor sitting with your student, sit behind them to provide them additional assistance. If you have a child playing with toys on the ground or lying on their side make sure you are giving them the supervision they require.

4. **Never do any activities that you or your student are uncomfortable**

completing: While it is important to have your student participate in some form of movement every day, you do not need to have them complete any activities you are uncomfortable assisting them with. Your school based PT team is here to answer any questions or concerns so please reach out if you would like guidance on appropriate gross motor activities for your student or if you have questions on how to complete specific activities. At the end of the day have your student be active every day and let them have fun!