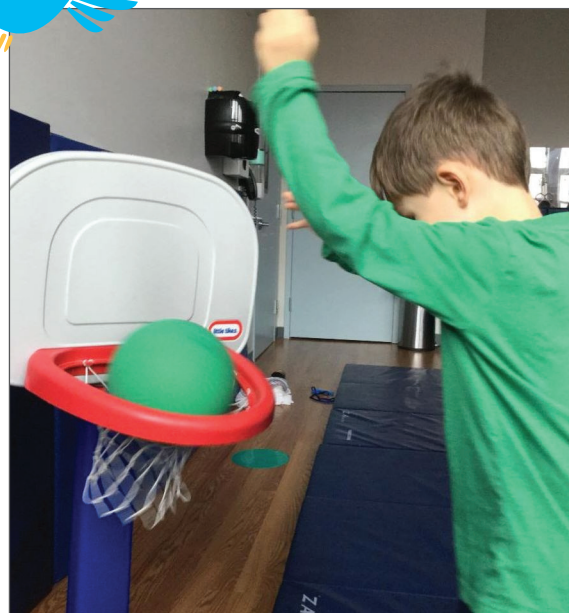
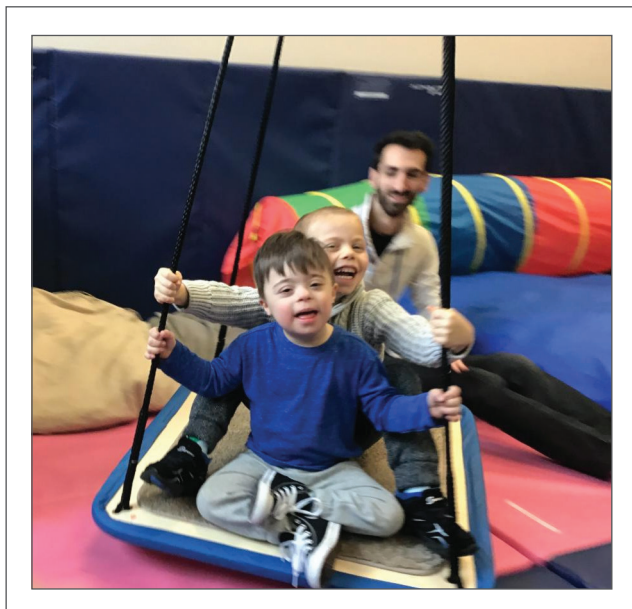
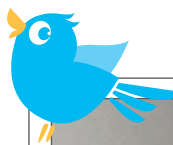


Ball Play Home Program: Foundational Skills

This program provides tips on expanding your child's ball play skills so they can play with their family and friends!



Your Child is Working On:

- Corraling a rolled ball while seated
- Extending their arms to catch
- Lifting up their foot to kick
- Flinging an object forward

What to do at Home: Get the whole family to join in! Practice rolling objects.

- Have an older sibling, grandparent, peer or other person sit across from your child
 - Eventually have their friend move further and further away
 - A partner helps teach your child how to corral and roll a ball in various directions and at different speeds

BBD Tip: Object manipulation is a term used to describe a person interacting with an object. This includes any object we can throw with our hands or kick with our feet!

Object manipulation examples:

- Rolling a ball
- Catching a beanbag
- Kicking a soccer ball
- Throwing a baseball

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You Can Help Your Child During:

Playtime:

- Balance tasks for kicking

Before attempting to kick object, work on these balance tasks:

- Have your child walk along curbs like a balance beam
- See if your child can lift their foot without losing their balance to tap a stair or knock down a small tower of blocks
- Kicking training with a peer
 - Have older child or other parent roll or place ball in front of child
 - If child has difficulty identifying what to do with the ball, assist by lifting their knee and hip and moving the leg in a kicking motion
 - If lifting your child's leg, make sure to provide a support surface or your body for them to hold so they do not lose balance
 - Start with an object that isn't moving, then progress to kick a balloon or bubbles!

- Throwing

- Practice flinging or throwing objects while sitting.
- Use objects of different sizes progressing from large (playground ball) to small (blocks, puzzle pieces, food)
- Provide a visual target to fling towards (ex. bucket or tower of blocks to knock over)
- If child does not fling object, provide assistance at your child's arm to initiate fling.
- Next, try having your child fling objects while standing!

Tips and Tricks:

- Object manipulation helps develop a child's skills to actively participate with peers during playground games and sports within the community
 - This participation helps build your child's confidence, engagement, and participation with peers.