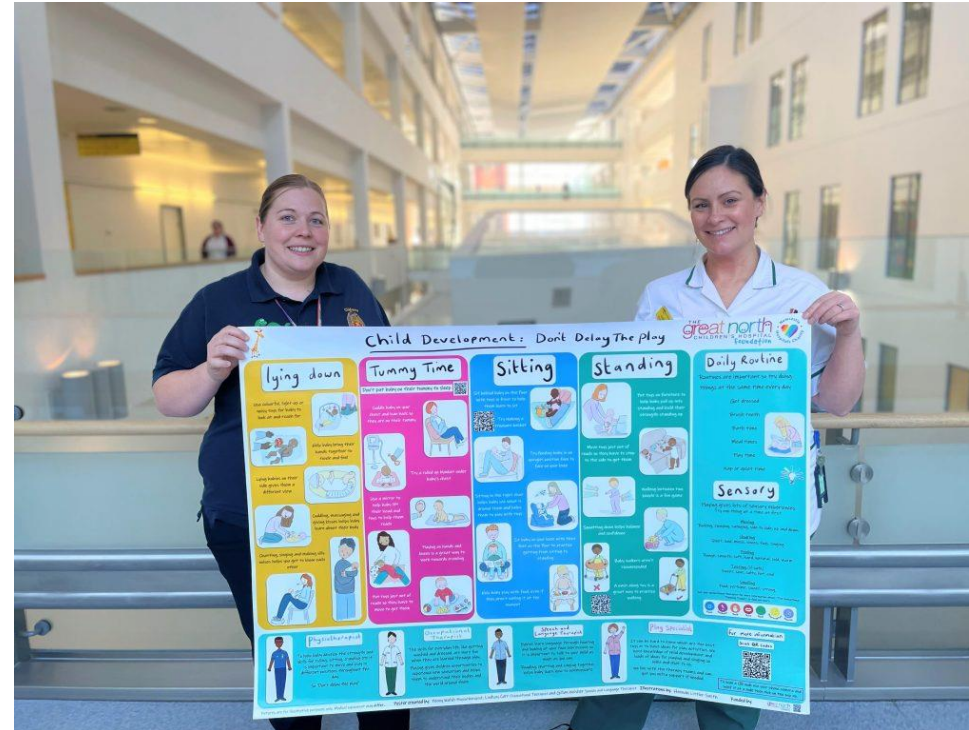


Child Development: Don't Delay The Play

Penny Walsh

Physiotherapist



Lindsay Carr

Occupational
Therapist



To minimise the impact of prolonged hospital admission on the developmental progress of children between the ages of 0-24 months

Objectives:

- Empowering parents and carers with the information and support to engage in developmental play with their child both within hospital and beyond.
- Educate and encourage staff to integrate developmental play within their daily interactions with these patients.
- To ensure the resources produced mirror the diversity of the hospital population and the wide range of medical attachments required by the patients in order to provide a true representation of the patient experience.
- To ensure the hospital environment enables parents, carers and staff to optimise opportunities for developmental play as a standard of care.

A woman with dark hair pulled back, wearing a white lab coat, is speaking in a hospital hallway. The background shows colorful wall decorations and a blue door.

Lindsay Carr

the Family Occupational Therapist,
The Great North Children's Hospital

Child Development: Don't Delay The Play

The simple language and clear pictures are designed to be accessible and supported by video content



The bespoke images represent the medical and demographical diversity of families

The sections represent the order in which developmental stages are ideally achieved

We explained the key roles within the MDT

Lying down

Use colourful, light-up or noisy toys for baby to look at and reach for

Help baby bring their hands together to touch and feel

Lying babies on their side gives them a different view

Cuddling, massaging and giving kisses helps baby learn about their body

Chatting, singing and making silly noises helps you get to know each other

Tummy Time

Don't put baby on their tummy to sleep

Cuddle baby on your chest and lean back so they are on their tummy

Use a mirror to help baby lift their head and toys to help them reach

Playing on hands and knees is a great way to work towards crawling

Put toys just out of reach so they have to move to get them

Sitting

Sit behind baby on the floor with toys in front to help them learn to sit

Try making a treasure basket

Try feeding baby in an upright position face to face on your knee

Sitting in the right chair helps baby see what is around them and helps them to play with toys

Sit baby on your knee with their feet on the floor to practice getting from sitting to standing

Help baby play with food, even if they aren't eating it at the moment

Standing

Put toys on furniture to help baby pull up into standing and build their strength standing up

Move toys just out of reach so they have to step to the side to get them

Walking between two people is a fun game

Squatting down helps balance and confidence

Baby walkers aren't recommended

A push along toy is a great way to practice walking

Daily Routine

Routines are important so try doing things at the same time every day

- Get dressed
- Brush teeth
- Bath time
- Meal times
- Play time
- Nap or quiet time

Sensory

Playing gives lots of sensory experiences. Try one thing at a time at first

- Touching**
Rocking, swaying, swinging, side to side, up and down
- Hearing**
Quiet, loud, music, voices, toys, singing
- Feeling**
Rough, smooth, soft, hard, natural, cold, warm
- Tasting** (if safe)
Sweet, sour, salty, hot, cold
- Smelling**
Food, perfumes, sweet, strong.

Ask your occupational therapist for more information about 'The Sensational Thinking Trust' to find out more.

Physiotherapist

To help baby develop the strength and skills for rolling, sitting, crawling etc it is important to move and play in different positions throughout the day.
So "Don't delay the play!"

Occupational Therapist

The skills for everyday life, like getting washed and dressed, are more fun when they are learned through play. Playing gives children opportunities to experience new sensations and helps them to understand their bodies and the world around them.

Speech and Language Therapist

Babies learn language through hearing and looking at your face expressions so it is important to talk to your child as much as you can. Reading, chatting and singing together helps baby learn how to communicate.

Play Specialist

It can be hard to know what are the best toys or to have ideas for play activities, we have knowledge of child development and loads of ideas for playing and singing so come and chat to us. We link with the therapy teams and can get you extra support if needed.

For more information

Scan QR codes

To scan a QR code use your phone camera and point it at a code then click on the pop-up.

We used the PDSA model of Quality Improvement to review the design of the poster and engaged with two families who provided continuous feedback

We linked to The Sensational Thinking Project within GNCH

QR codes encourage interaction with the poster and links to 'Don't Delay the Play' webpage for the most up to date support.

The video content also demonstrates the impact the poster has had on families through their stories



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Child Development: Don't Delay the Play

Moving and playing in lots of different positions helps children develop all the skills they need to move through their developmental milestones.

Children who are in hospital for a long time are at risk of experiencing delays in the way they develop important skills for movement and play.

The therapy team help to support children and their families find ways around the challenges of learning new skills in hospital.

Our children's physiotherapy and occupational therapy experts at the Great North Children's Hospital in Newcastle have designed a poster for parents and carers to support them with developmental play with their children whilst they are in hospital.

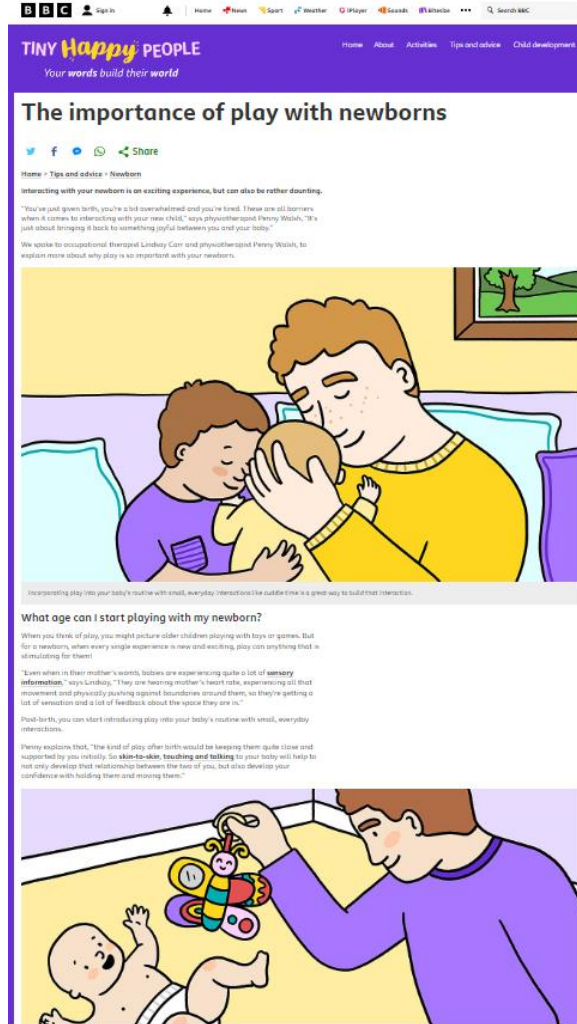
Click on the image below to see the poster in full size



Watch this video which explains how you can use the poster



<https://www.newcastle-hospitals.nhs.uk/services/dont-delay-the-play/>



<https://www.bbc.co.uk/tiny-happy-people/play-with-newborns/zjq39ty>



We also presented at RCPCH Conference 2023 in Glasgow



Continued promotion
of the poster on the
wards



Education packages for
care givers and staff

Workforce
Development

Continued development of
targeted MDT pathway for
children at risk of
developmental disruption
during admission

Development of
transition between
neonatal pathway and
developmental pathway

Don't Delay The Play
The Future....


Regular open / virtual access MDT
developmental play groups
for inpatients & recently
discharged patients

Further development
of resources including
books, digital content
for trust webpage such
as videos and
signposting

Develop links into
child and family
hubs to support transition of
at-risk children
into community services

Adapting hospital environment to
enable play as a standard of care
e.g. floor mats for each bedspace

