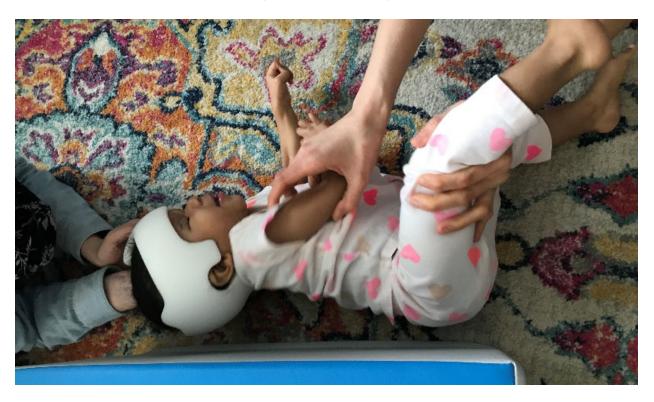


That's How I Roll!

(EI-TVI Version)



Rolling is a big step in human sensory development as a child builds an internal sense of their body and how they can move to achieve a goal. Here's why this skill is important.

- Rolling over is the first time babies experience independent mobility. It also prepares them for movement milestones to come.
- Rolling over helps babies strengthen muscles that are necessary for other movements, like pulling themselves up.
- Rolling over helps develop two important senses: vestibular (balance) and proprioceptive (body awareness).

Rolling over is harder for a child who is blind or has low vision. It is more difficult for a child with a visual impairment to know that a toy or object exists when it's out of reach and out of sight. Rolling is an awesome way to practice object permanence via touch or low vision.

A child with a visual impairment doesn't have the typical motivators that create curiosity. They need environmental adaptations that match their unique curiosity style.

And finally, it is more difficult for a child with a visual impairment to transition from a static position because "in-between positions" provide less comfort and are physically complicated.

Objectives

- Increase independent, enjoyable movement.
- Experience body in space as it relates to other objects.

Expanded Core Curriculum Areas Supported

- Orientation and Mobility: Body awareness, labeling body parts and directions (for example, touch your baby's right side and say, "Right, roll to the right." Body-to-object awareness.
- **Self-Determination:** Choice making, decision making, and problem solving. What are the child's preferences and how can we use the preferences to encourage and support movement?
- Social Skills: Bonding and communicating with caregiver during the activity.
- **Recreation and Leisure:** Rolling to get toys or experience enjoyable opportunities such as getting a preferred interaction with the caregiver or time with a preferred object.
- **Sensory Efficiency:** Use senses to explore. Focus will be on proprioception, vestibular development, functional vision, touch, and hearing.
- **Independent Living Skills:** Independent movement. Learning that you have power over your body.
- **Compensatory Skills:** Learning to use alternative techniques to promote engagement, exploration, and movement.

Everyday Routines Supported

This activity supports play time and family time. Every routine requires a muscle movement of some kind.

Suggested Next Steps to Use This Activity With Caregiver and Child

- 1. Discuss activity with caregiver to determine appropriateness and relevancy to family.
- 2. Plan the co-visit with the motor therapist.
- 3. Forward the caregiver version of the activity to the caregiver and motor therapist.
- 4. Remind the primary caregiver one to two days before the home/virtual visit to gather the materials required.
- 5. Introduce the activity, discuss the objectives, and provide an overview of the possible steps.
- 6. Be prepared to break down the activities into a smaller subset as the child and family may not have the time or tolerance to complete all activities.
- 7. After completing this activity, consider extension activities that may be appropriate and relevant to the family.