



early Therapy In Perinatal Stroke

What
Next?

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What Next?



The information in this manual is aimed at the first six to eight months of age or while baby is not moving around independently.

Once your baby starts to move about it becomes much harder to follow the suggestions in this manual.



If your baby's **RIGHT** side is developing well at this stage, that's great. However, it would be important for this to be monitored closely for a little longer - certainly up to the end of the first year of life.



Please don't worry if you feel you have not had enough time or opportunities to carry out the eTIPS principles in these early months because there is still lots of time ahead for your child to improve the use of his or her **RIGHT** side.

What Next? - Two hands together



Most activities we do in everyday life are much easier when we use two hands.

Babies and toddlers gradually develop their ability to bring two hands together for play.

You may notice that your child shows a preference to use mostly the **left** hand when playing unprompted.

You can help develop your child's ability to use two hands by giving your child lots of play opportunities and by following the advice in this manual.



Learning to use two hands together in play is the ultimate goal.

The next few pages give a few ideas to help you carry on the general principles with your growing baby from 6 months onwards.

When your baby is sitting on the floor try to position toys to baby's **RIGHT** to give your baby extra encouragement to use the **RIGHT** hand to reach out for toys.



As well as placing toys on your child's **RIGHT** side try and sit yourself at baby's **RIGHT** side too.



Give lots of praise and encouragement to baby when the **RIGHT** hand is used.....



.....and especially when both hands are used together.

You can apply these play principles to lots of play situations:



Play-dough, dolls, sand and water play, Lego® and other building toys are good examples of toys to encourage the use of both hands together.



What Next? - Forearm rotation

Forearm rotation (turning the palm of the hand upwards) may be a difficult movement for your child to make with his or her **RIGHT** arm.



One way to encourage this movement is to stick big colorful stickers on the palm of your child's **RIGHT** hand.



Then encourage your child to turn that arm and open the **RIGHT** hand to see the sticker.

You can also stick the sticker on the palm of your child's **left** hand.

This may encourage your child to remove the sticker using his or her **RIGHT** hand.



You can also encourage forearm rotation by offering things to your child's **RIGHT** hand and holding objects so that your child is required to turn the arm and open the hand.

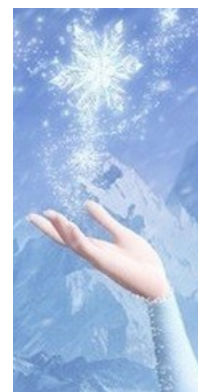


Some toys in particular can encourage this movement such as telephones and cups filled with water or sand.

You can play pouring games using plastic cups in the bath.



Singing the 'Let it go' song from the Disney film 'Frozen' uses actions which encourage forearm rotation.



What Next? - Mealtimes



At mealtimes when your baby is seated in a high chair sit slightly to your baby's **RIGHT** side while feeding.



Talk to your baby during feeding.



When starting soft food, you can put some on the fingers or the palm or side of baby's **RIGHT** hand and encourage your baby to move that hand towards his or her mouth to lick the food.



When you introduce finger foods hold them to your baby's **RIGHT** to encourage your baby to reach and grasp with his or her **RIGHT** hand.

Or lay them on the **RIGHT** side of the high chair tray for your baby to grasp.



Always praise your baby's attempts to bring both hands together.

What Next? - Other high chair activities

You can hold toys to your baby's **RIGHT** to encourage your baby to reach and grasp for things on the **RIGHT**.



Fix a suction toy to the tray so that it is on baby's **RIGHT** side.

Demonstrate any moving parts to encourage baby to play with it with his or her **RIGHT** hand.



What Next? - Crawling

Continue to give your baby lots of tummy time and once baby begins to crawl play lots of crawling games together.



Crawling is really good for building arm strength and encouraging baby's arms and legs to work well together.

Here are a few ideas to encourage crawling:

Roll a soft ball or a ball with a rattle or bell inside across the floor and encourage baby to follow it.



Do the same with any toys with wheels. Push-and-go toys are especially good for this.

Give your child lots of opportunities to crawl wherever it is safe to do so but also on different textures such as carpet, grass and sand.



Your child may not want to put the **RIGHT** palm flat on the ground, but try to encourage this.

Playing games where you also crawl may encourage your child to crawl too.

Try playing “Follow the Leader!”



What Next - My growing child



Continue to give lots of encouragement to your child to use both hands in activities as he or she grows.

Your child will need lots and lots of opportunities for practice in order to master any new skills.

Use lots of praise and don't be too quick to jump in to help.



Try to make activities as fun for your child as you can - be creative, you can always 'Google' ideas!



Teach your child to dress his or her **RIGHT** side first. For example the **RIGHT** arm should be put into a vest first followed by the **left** arm.

When undressing teach your child to remove clothes from his or her **left** side first. For example your child should remove his or her **left** arm from a coat first before removing it from the **RIGHT** arm.

This will make dressing a bit easier.



Continue to look out for toys and activities which will encourage your growing child to use both hands together.



Carry on encouraging important arm and hand movements by using gestures such as 'high fives', 'thumbs-up' and alternate hand slaps in every day life.



They are a great way to praise your child's achievements.

You may need to prompt your child to remember to use the **RIGHT** hand. For example:

“steady the paper with this hand [**RIGHT**] while drawing”



Further Information

Thankfully, some babies who have had a perinatal stroke will recover fully. However, some babies will develop a hemiplegia (weakness and stiffness affecting one side of the body). Other conditions such as autism, epilepsy and learning difficulties also occur more frequently than in the general population. We would encourage you to be aware of this so you can seek support early if it is required.

It may be helpful to know that most children with hemiplegia will learn to walk and talk and go to mainstream school and achieve a high quality of life. We would encourage you to celebrate the positives in your child and encourage him or her to reach their full potential.

There are a number of charitable organisations that can give further information about hemiplegia. We have listed two UK examples below but there are others. There may be a local face to face support group or a virtual forum where you can talk to other families - your healthcare professional may be able to direct you.

HEMIHELP / CONTACT

HemiHelp is a subsection of the charity Contact. HemiHelp provides support and information to people with hemiplegia and their families in England, Scotland, Wales and Northern Ireland.

HemiHelp | Contact

SCOPE

Scope is a registered charity providing practical advice and emotional support whenever people need them most. They do this through the Scope helpline, their online community, a range of employment and child sleep services, community engagement programmes, partnerships and more.

Scope UK