

# Early Intervention (EI) Activities at Home



Early Intervention Serves Children Birth to Age Three → Visit us Online at [www.tuscbdd.org](http://www.tuscbdd.org)



## Physical Therapy Practice & Play Activity:

### A LAUNDRY BASKET

A laundry basket can be used to encourage and stabilize walking and build strength!

### HOW TO PRACTICE & PLAY

- For children beginning to cruise, turn the laundry basket over and help the child stand behind it. With both hands on the laundry basket, encourage the child to push the basket.
- If the child has begun to walk but needs continued practice, put a few heavy books in the bottom of the laundry basket along with a favorite stuffed toy or doll.
- A few heavy items will help keep the basket from tipping as the child holds onto one edge and pushes the basket. However, the heavier the laundry basket, the more difficult the task will be for the child.
- Have the child put both hands on the laundry basket while standing behind it. Encourage the child to push the basket forward. This helps strengthen leg and arm muscles while facilitating a child's ability to move.

**Does my Child Need EI?  
Get an assessment.**

- *El can help children that have trouble with moving, sitting, seeing, hearing, thinking, talking or playing.*



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Early Intervention (EI) is a partner of Help Me Grow. EI is a free service funded primarily through local levy dollars for qualifying families through The Tuscarwas County Board of Developmental Disabilities (TuscBDD).

Anyone can make a referral by calling 1-800-755-4769.