



# Fun Activities on the Ball

## Level One

### What are some fun ways to play with my baby on the therapy ball?

The therapy ball is a great place to play with your baby to help build strength in his neck, back and shoulders. When your baby is very young, tummy time on the ball can provide a nice soft, mobile surface for learning. Strong back and shoulders make it easier for babies to learn to sit up alone.



Stay very close to your baby when you first introduce the big ball. Mom or Dad's face is fun to look at and is best positioned lower than your baby's face.



These photos illustrate simple play positions on the ball that are helpful for building strength. Your baby may need your help to put weight on his hands and arms.



The first time you put your baby up on the ball in a sitting position, he may be a little unsure. Go slow and give him lots of reassurance. Keep your face lower than his. When your baby can almost sit up by himself, offer him a small ball for mobile support.

Have fun with your baby; keep the play sessions short and frequent. Several minutes each session, several times a day is helpful for building strength. Your baby will let you know if he is tired or unhappy.

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult your doctor.

(c) March 2011 all rights reserved.  
Rehabilitation / Physical Therapy Department.