



Online Conductive Home Tuition Programme

Ideas to implement at home between online sessions

Our live, online programmes give you and your child a consistent, tailor-made guided programme which targets their specific areas of need to ensure that the skills which they have worked so hard to learn over the months and years remain and develop further.

However, the time between the sessions is as important as the actual sessions themselves, giving opportunities for the skills to be implemented and installed in real life. Please find below some ideas which you can implement as part of daily living at home, allowing 'Conductive upbringing' to be a natural part of your whole daily routine.

We would like to encourage you to use the natural routine and flow of daily life to encourage your child to be as active as possible in functional and meaningful ways.

Morning Routine

- Practice sitting up and out from bed, by holding onto a chair / grab bar or by manual facilitation.
- Actively transfer to a wheelchair, toilet seat, or walk to the bathroom as appropriate.
- Wash and dry hands and face at the sink or wipe with a fresh flannel.
- Squeeze the toothpaste onto the brush and spend time practicing holding onto the toothbrush and brushing teeth.
- In the shower/ bath: Squeeze the shower gel/soap onto a sponge and practice cleaning and washing their body as actively as possible.
- Assist in drying, learning to use appropriate pressure to dry body.
- Brush/comb hair, reaching to the sides, to the top and the back of the head. (Use a mirror).
- Participate in getting dressed, even if to start with it is just making a tight fist to push through the sleeves of tops and actively pushing feet through legs of trousers and lifting hips to pull trousers over hips.

Meal Times

- Encourage your child to be part of meal preparations as much as possible.
- Help to prepare the ingredients for different dishes (as appropriate) , or practice naming the ingredients or help by physically collecting them from the cupboards/pantry/fridge/draws.
- Set own place at the table, move the knife, fork spoon, cup in the correct place.
- Always use both hands functionally either by holding a knife and fork or two spoons or grasp the side of the table with one hand while the other holds the cutlery so both hands are occupied.
- Help to pour own drink.
- Ensure clean eating (use a mirror to encourage your child to wipe their face).

Posture and position

- Correct posture and position is important for the development of orthofunctional cognitive skills as well as musculoskeletal growth and development. Wherever possible please give reminders to sit up straight in the midline and weight-bear through both buttocks equally.
- Practice putting the opposite heel to the knee where appropriate and turn knee out a few times a day.
- Practice long sitting and sitting with crossed legs (use the back of the sofa for support).
- Practice walking from room to room where possible, avoid sitting for a long period.
- If you have leg gaiters, practice standing in leg gaiters depending upon the set up at home, your child may be able to stand behind the sofa and hook their arms over the top for support. Observe correct midline standing. They can even watch TV this way. If the sofa is too low, you can use pillows to help your child prop up.

Other Activities

There are also plenty of games and activities you can play at home to have fun and keep active:

- Throwing/ catching games
- Football kicking different size of balls in sitting and standing
- Use the challenge me card packs if you have them for specific Conductive challenges <https://challengemecards.com/>.
- Craft
- Drawing, connecting dots to create different shapes, letters, colouring, and painting.
- Cooking, tidying up draws, pencil cases, bags, getting things needed for bath time, bedtime, getting clothes ready for the next day, choosing clothes required for different activities.