



Things to Consider:

- Discuss anxieties with your therapists and don't be afraid to play with your child!
- Encourage your child to be as independent as possible
- Encourage your child to be active
- Discuss pain management with your therapists
- Involve brothers and sisters
- Consider tumble tots/nursery, or council-run schemes
- If your child's wrists are stiff, protect small joints of the fingers by encouraging them to weight-bear through big joints such as the elbows e.g. when pushing off a seat to stand
- Try to incorporate large movements into games which move the joint through its full range of movement
- Avoid long periods of inactivity
- Avoid games/activities which involve your child being in a bent position for long periods
- Avoid overprotection and encourage play!

Useful Web Addresses

www.ccaa.org.uk
www.arthritiscare.org.uk
www.arthritisresearchuk.org

Department of Rheumatology

Occupational Therapy	0121 333 8213
Physiotherapy	01212 333 8221

Data Protection

We collect information about our young people and families relevant to their diagnosis and treatment. We store it in written records and on computer. We may have to share some of your information with other people and organisations. If you have any questions and/or do not want us to share that information with others, please talk to the Adolescent Rheumatology team or contact PALS (Patient Advice and Liaison Service) on (0121) 333 8403/8611.



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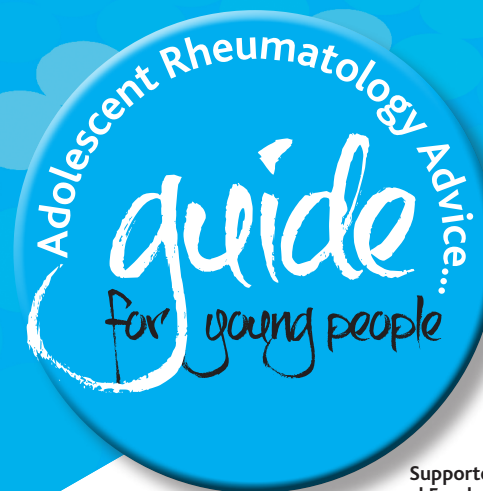
E: questions@kidslikeus.info
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Play activities for young children



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Play...

Exercise is often difficult for young children. You may therefore want to use play activities to help exercise your child's joints and help them to stay strong, supple and healthy.

...and Arthritis

When a child has arthritis, their play activities may be affected. This can be due to a number of factors including:

- Pain
- Stiffness
- Poor self confidence
- Low mood
- Parental anxiety or overprotection

Play is important!

It is great fun and can help your child develop important skills, stay active, distract them from pain, and improve their mood.

You may find some of these ideas helpful. The list is not exhaustive so feel free to develop your own

- Painting/drawing on an easel will promote neck extension and shoulder flexion
- Hand printing will encourage good wrist extension

- Baking/bread, anything involving stirring, whisking, rolling and kneading are good for strengthening
- Play doh / plasticine
- Threading cotton reels, buttons etc
- Playing with dolls, washing their clothes, and hanging them out with pegs, will increase shoulder and back movements, and fine movement and co-ordination
- Finger/hand puppets will encourage finger and wrist movement
- Scooting on a trike or scooter
- Bath time can be fun. Transferring water with a sponge from one bowl to another, pouring and tipping water into a jug will help gain strength.
- Squashing toys under kness is good for regaining movement
- Throwing, catching and bouncing a ball
- Stacking and building blocks - making a tower either on a small table or on the floor, which involves standing and reaching.
- Action songs and copying games e.g. 'Simon says' and 'what's the time Mr Wolf' are good for general activity. Shops such as Early Learning Centre have good music action tapes which can be helpful
- Sand play — pouring, making hand prints, mud pies, sand castles etc



Turn exercise
into a game so it
is always fun

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