



**Playpak Factsheet #01:  
The importance of early  
development through play**

Every baby comes into the world with limited abilities. The first three years of their lives are the most important period of development. But time doesn't overcome the newborn limitations of some babies. If a child's development is delayed, they are likely to acquire skills more slowly, or the extent to which they master a skill may vary.

A child with developmental delay, just like any other, learns through play. Fun through play can actually encourage children to work harder on therapy goals.

Playpak enables play in three vital therapeutic positions that form the foundations of later abilities - back lying (supine), tummy lying (prone) and floor sitting (long sitting).

Therapists and parents "mix and match" activities for the child using various components and postures. The aim is to create a fun environment that encourages the child to improve movement skills, strength and coordination.

### **Family participation**

Playpak lets the family play a bigger part in a child's therapy.

Research shows early intervention programmes encouraging therapists and families to work together, like Playpak does, make an even bigger impact on a child's development.

Regular practice is necessary to make those important early connections in the brain. For some children, the suggested developmental games and programmes can also help reduce irritability and improve physical, sensory, communication and independence skills.



### **Therapists and families in partnership**

You will most likely find each child prefers some positions to others. Some positions may even need to be avoided for medical reasons, while others simply need to be encouraged if the child is not keen at the start. Therapist(s) should take the lead in this scenario to figure out the best positions and exercises for each child.