



# **Playpak Factsheet #06: FAQs**

## What is the difference between Playpak and Leckey's Early Activity System, (EAS)?

Playpak simplified the concept of Leckey's EAS for three reasons: portability, affordability and development through family participation. The EAS continues to be a more clinically-focused and larger product, containing components which facilitate more complex therapeutic positions, such as side-lying and four-point kneeling. However, a child can still achieve all the same exercises with the Playpak given the close guidance from the therapist.



## How do I know if Playpak is suitable for my child?

Playpak suits special needs babies and children ranging from **birth to approximately 48 months, and those at Gross Motor Function Classification Scale (GMFCS) levels I-V**. If in any doubt, the therapist's guidance and recommendations should be followed.

## How long should I use Playpak for each session?

Children may like some positions or activities more than others, usually the ones they are happy and able to do for longer. It may depend on whether your child's muscles are tight (high tone) or floppy (low tone), their level of development, or tolerance of certain positions. If the child is in any discomfort, take them out of that position and either have a rest or try something a little easier. Bear in mind that the time of day and the child's mood will also have an effect on how long it will be appropriate to use Playpak for each session.

## How many times per week should I use Playpak?

If your child enjoys and is happy achieving a variety of positions using Playpak, then a daily therapy routine incorporating Playpak time may be helpful.

## My child has quite high/low muscle tone. Can they use Playpak?

If the child has extremes of tone, they may find it harder to achieve and sustain some positions. It is important to go at their pace, and to alternate challenging positions with easier ones until they build and develop their abilities a little more.

**My child does not like certain positions – what should I do?**

It's possible that some children may find some positions or activities too difficult. Take a break and have a rest. You can revisit the challenging position or activity later.

**My child has a visual impairment. Can they use Playpak?**

Yes. Playpak provides a safe way for a child with visual impairment to play and develop. With their hands free to explore their surroundings, incorporate sensory toys to develop your child's sensory and perceptual awareness.

**Is there any reason why I should not use Playpak with my child?**

There are so many possibilities for simple, safe play and development activities with Playpak that we don't anticipate any problems. However, as some positions may not be medically recommended for your child to use, it's very important that the child's therapist determines how the Playpak is used.

