

## **Developmental Therapy and Spina Bifida**

- Newborn to 1-2 months:** This appointment will provide instruction on the “Back to Sleep, BUT Belly Time When Awake” program (unless otherwise instructed by a physician).
- 6 months:** This appointment will assess the amount of time baby is spending on the floor, which should be 41% or 5 hours of the day.
- 10 – 12 months:** This appointment will assess development of body awareness and upper limb function by incorporating play into exercise.
- 18 months:** This appointment will assess exploration of baby’s environment & developing play skill – typically 500 steps in 16 minutes of free play.
- 24 months:** This appointment will encourage age appropriate activities in order to develop social skills – typically 9,000 steps per day.
- 3 years:** This appointment will evaluate structured and unstructured physical activity – typically 10 minutes per day of structured physical activity and 60 minutes per day of unstructured activity.
- 4 years:  
(pre-kindergarten)** This appointment will survey activity interests of child and family. Encourage age appropriate activities with peers. Should not be sedentary for more than 60 minutes at a time unless asleep.
- 5 years:** This appointment will assess physical education; playground assessment 60 minutes per day of developmental appropriate activity.
- 6 years and on:** This appointment will occur only at the family request and will assess PE assessment; playground assessment; leisure education; recreational resources; adapted recreational equipment; aquatic assessment; therapeutic horseback riding assessment.