

# The Decision Tree

## Child Indicator Seeds for Success



### April is the Month of the Young Child and National Occupational Therapy Month



Occupational Therapists are passionate about helping children increase independence in routines and activities of daily living. In celebration of the Month of the Young Child and National Occupational Therapy Month, visit the [AOTA website](#) for some great coaching tips that will support young children as they become successful and active participants in the routines and activities that are important to them and their families. Here are some of my favorites!

### [ESTABLISHING TUMMY TIME ROUTINES TO ENHANCE YOUR BABY'S DEVELOPMENT](#)

#### Make Tummy Time part of your family's daily routine:

- Incorporate Tummy Time into the activities you're already doing with your baby, such as towel drying after bath time, changing diapers, or applying lotion.
- Begin with 3 to 5 minutes per session, working up to a total of 40 to 60 minutes daily. Tummy Time can be done in short sessions throughout the day, based on your baby's tolerance and needs.



#### Consider alternatives to "typical" Tummy Time:

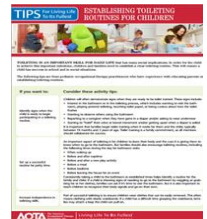
- A great way to carry out Tummy Time is to place your baby on your stomach or chest while you are awake and in a reclined position on a chair, bed, or floor. This is also a great way to begin Tummy Time with a newborn.
- Side-lying is another positioning option. Position your baby on a blanket on his side, and support his back with your hand or use a small rolled up blanket. Make sure both of your baby's arms are in front of him, and slightly bend his hips and knees so your baby is comfortable. This position can also aid in reaching and playing.

### [ESTABLISHING TOILETING ROUTINES FOR CHILDREN](#)

#### Identify signs when the child is ready to begin participating in a toileting routine:

Children will often demonstrate signs when they are ready to be toilet trained. These signs include:

- Interest in the bathroom or in the toileting process, which includes wanting to visit the bathroom, playing pretend toileting, touching toilet paper, or being curious about how the toilet flushes
- Wanting to observe others using the bathroom
- Reporting to a caregiver when they have gone in a diaper and/or asking to wear underwear
- Starting to "hold" their urine or bowel movement and/or getting upset when a diaper is soiled



#### Set up a successful routine for potty time:

- An important aspect of toileting is for children to learn their body and the cues it is giving them to know when to go to the bathroom. But families should also encourage toileting routines, including the following times during the day for bathroom visits: When waking up, Before and after naptime, Before and after a new play activity, Before a meal, Before bedtime, Before leaving the house for an event
- Consistently taking a child to the bathroom at established times helps identify a routine for the family and child. If a child is showing signs of needing to go to the bathroom by wiggling or grabbing his or her clothes, families can ask if it's time to visit the bathroom. But it is also important to teach children to recognize their body signals and go on their own.

#### Be sure to check these out:

### [LIVING WITH AN AUTISM SPECTRUM DISORDER \(ASD\)—SUPPORTING A SMOOTH TRANSITION TO PRESCHOOL](#)

### [ESTABLISHING MEALTIME ROUTINES FOR CHILDREN](#) [ESTABLISHING BATH TIME ROUTINES FOR CHILDREN](#)