

Tips to keep moving together

For toddlers (2–3 years) and preschoolers (4–6 years) together with their parent

During treatment for acute lymphoblastic leukemia (ALL), your child may have trouble walking or moving around. That's exactly when it's important to keep moving. Because physical activity helps keep muscles strong or rebuild strength. The following tips can help you and your child stay active together.

Moving together is more fun. Play actively together with your child.



1 Your child has trouble sitting and can't stand or walk.



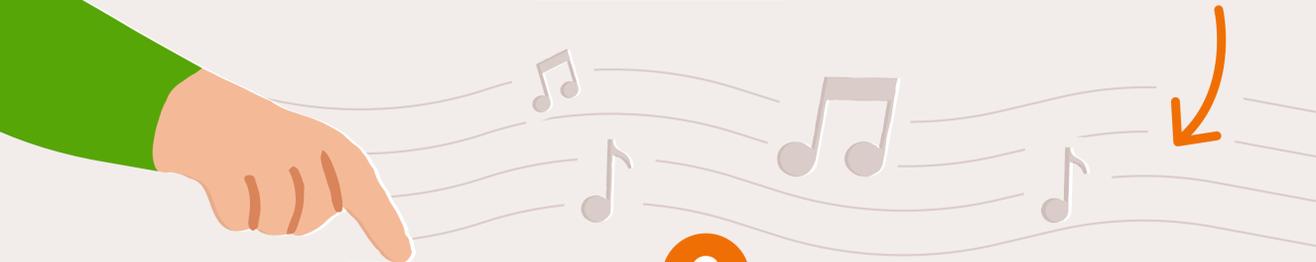
Let your child help with getting dressed and undressed.



Sit your child on your lap and do a puzzle or build a block tower together.



Roll a ball back and forth while your child is lying on their tummy or sitting with support.



2 Your child can sit independently, but can't stand or walk.



Do crafts at the table or play a game together, toss a balloon back and forth, or eat together.



Place toys just out of reach so your child has to make an effort to grab them.



Put on cheerful music and let your child dance along while sitting.



3 Your child can take a few steps (with support).



Pop soap bubbles together while your child crawls or stands with support.



Go for a short walk with a push cart, balance bike, pedal car, or a bike with training wheels.



Tickle or play gently together on the bed or couch.



4 Your child can walk independently but has trouble with stairs, longer distances, or getting up from the floor.



Walk short distances together with low steps, such as curbs.



Encourage your child to try brushing their teeth while standing.



Play hide-and-seek indoors or outdoors.

Every movement counts, no matter how small. Help your child keep moving in a fun and manageable way. Do you have questions, or would you like a physiotherapist to think along with you? Contact your nurse practitioner or physician at the Princess Máxima Center.