

# Tips to keep moving together

For children ages 7 to 12 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.



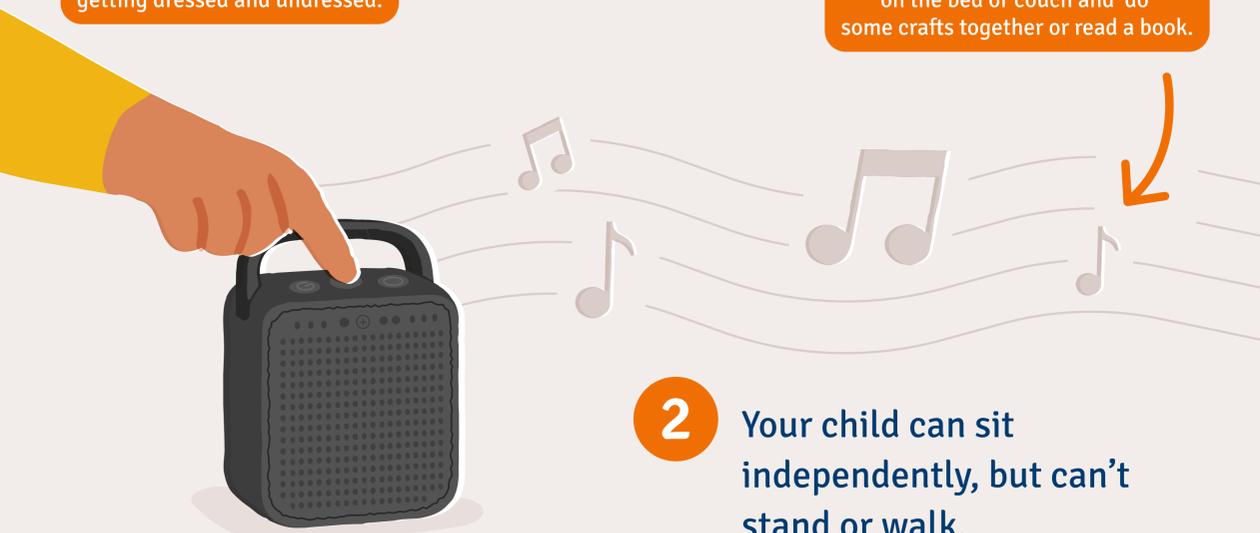
Let your child help with getting dressed and undressed.



Do some air boxing together.



Have your child sit with support on the bed or couch and do some crafts together or read a book.



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



Throw or kick a balloon back and forth while your child is sitting.



Play some cheerful music and let your child dance along while sitting.



Do a puzzle or play a game together at the table.



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



Walk short distances around the house together with your child. For example, from the couch to the kitchen or around the table. This can also be done while walking behind a wheelchair.



Encourage your child to try brushing their teeth while standing.



Ask your child to stand up a few times and throw a ball to you, with support if needed.



## 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.



Set up a scavenger hunt or obstacle course at home, for example 'the floor is lava'.



Go outside together with a balance bike, go-kart, scooter, or bicycle.

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.