

Early Intervention in Physiotherapy

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Care for every stage

What is early intervention?

Support to help babies and children with their development. Early Intervention involves identifying concerns or potential concerns as early as possible to provide required support.

Why is early intervention important?

When a movement difficulty is identified early, there is more opportunity to support the underlying skills and help the child participate in developmentally appropriate activities.



What does early intervention involve?

A thorough assessment of your baby and child will look at movement patterns, strength, muscle tone, symmetry, posture, coordination, ability to engage in age appropriate play and much more.

If difficulties or possible concerns are identified the physiotherapist will:

- Help you to understand the concerns and how these can be supported through physiotherapy.
- Provide simple changes to positioning, play and the environment can create more opportunities for movement.
- Guide you through specific activity and play ideas to promote development.
- Provide guidance to build your confidence in supporting your child.
- Work with you and your routine so that therapy fits in with your day/lifestyle.

REMEMBER:

Early intervention does not necessarily mean something is “wrong”. It means noticing, understanding and supporting a child’s needs as early as possible.



When should you seek early intervention support?

- ♥ Your child is not progressing with movement skills.
- ♥ Your child consistently favours one side of their body.
- ♥ They appear unusually stiff or floppy.
- ♥ They are having difficulty with age-appropriate movement or play.
- ♥ They have lost a skill they previously had.
- ♥ You simply feel that something isn't quite right.

You do not need to wait until a child is significantly delayed before asking for advice. **Remember to trust your concerns, you know your child best.**

If you would like support or guidance or simply some reassurance with your child's development, reach out to our physiotherapist at Western Family Practice.

