



Four Strategies To Help Your Child With Developmental Delay At Home

proven tools to start
incorporating today

www.JacobsLadderResources.com

WELCOME!

During this unprecedented time, as families are navigating the challenges of schools being closed, we understand how difficult this season can be for children who experience developmental delays which might affect global functioning, or perhaps specific areas such as learning delays, language or coordination and movement challenges.

We want to help.

At Jacob's Ladder we have served over 4,000 students in the last 26 years with various neurological and behavioral challenges.

Although your child may not have completed an evaluation with us, we want to share four specific strategies that we regularly utilize with our students. You can use these strategies today to start helping your child build a strong foundation to reach their full potential.

We hope this brings you a little bit of hope.

Sincerely,

Amy O'Dell

Founder & Director, Jacob's Ladder



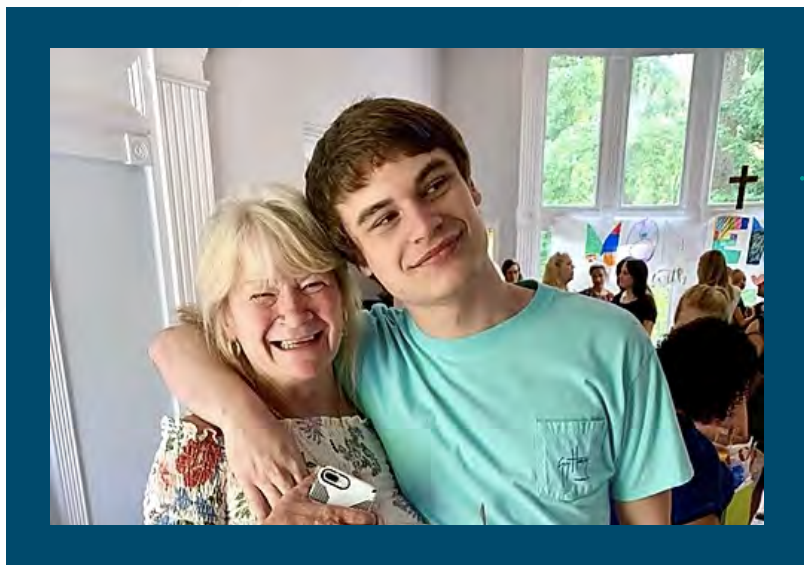
Four strategies to help your child today

1 Perform Daily Cross-Lateral Exercises
To create new brain pathways

2 Maintain A Consistent Sleep & Wake Schedule
To encourage focus and engagement

3 Embrace The 5 Step Process
To increase processing skills

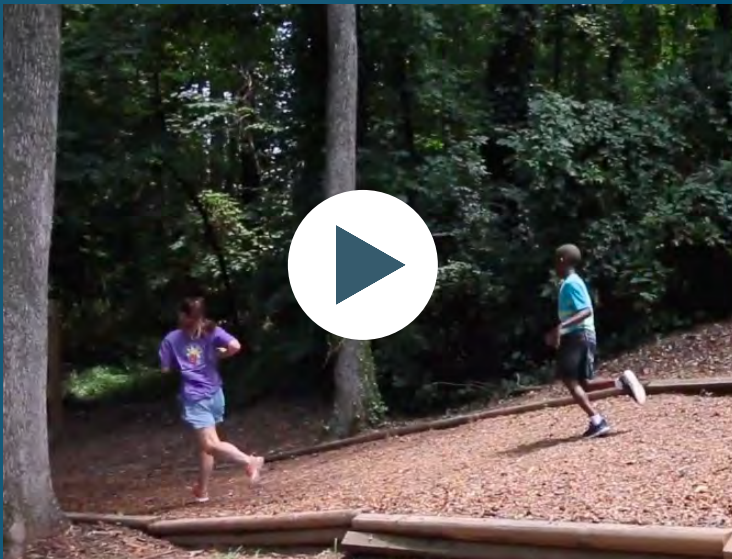
4 Utilize Zones of Regulation During The Day
To teach your child self-regulation



Strategy #1

Perform Daily Cross-Lateral Exercises

- For individuals with developmental delays, we know that specific and organized cross-lateral movement is critical for building success.
- Each time we fall into a cross-lateral pattern, both hemispheres of the brain are forced to communicate through the Corpus Callosum and students then build the pathways within the brain that are needed for overall integration of the systems.
- Cross-lateral activities can be completed in a variety of ways and we highly recommend a 10-15 minute run, crawling on their hands and knees for 1-2 minute durations, or completing an activity such as Cross March.



Cross-Lateral Activities

- Cross Tap Supine - [video link](#)
- Cross March - [video link](#)
- Creep - [video link](#)
- Running Program - [video link](#)

Strategy #2

Maintain A Consistent Sleep & Wake Schedule

- While families are navigating disruptions in their daily schedules, it is highly recommended that your child maintain a consistent sleep schedule whenever possible.
- This includes maintaining consistent wake times in the mornings, naps if applicable, and ensuring that bedtimes on weekdays are in alignment with your child's regular school schedule.
- When your child is getting adequate sleep, they are able to remain more focused and engaged throughout the day and are more readily able to take in and process new information.

Age	Recommended Sleep Time
Infants (4 - 12 months)	12 - 16 hours a day
Toddler (1- 2 years)	11 - 14 hours a day
Preschoolers (3- 5 years)	10 - 13 hours a day
School-aged Children (6- 12 years)	9 - 12 hours a day
Teenagers (13- 18 years)	8 - 10 hours a day
Adults (18+ years)	7 - 8 hours a day



Strategy #3

Embrace The 5 Step Process

- Individuals with developmental delays often have a mixed or not established dominance pattern, which means that the brain is not yet specified for processing information in a consistent and organized way.
- It is important to allow your child additional time to process auditory directions and to limit the verbiage when providing auditory instructions. At times when the family is under stress and routines have been disrupted, it is easy to fall into the pattern of repeating directions or using too much language; however, this can become frustrating for your child, often times leading to overall disengagement.
- Each time your child moves through the 5 Step Process, they are further building and myelinating pathways within the brain that support increased capacity for taking in, processing, and giving the appropriate output. You are also teaching your child to listen the first time a directive is given, as opposed to falling into the habit of repeating the same direction multiple times, which ultimately teaches your child that they don't have to listen the first time an instruction is said.



The Five Step Process

1. Obtain eye contact
2. Give the direction
3. Model the direction
4. Repeat the direction
5. End with specific praise



The Five Step Process

1 Obtain Eye Contact

Stand about 3 feet or less from your child. Call their name and obtain eye contact to confirm that they are engaged and ready for the instruction.

2 Give The Direction

Give the direction, ensuring your language is concise and clear, limiting to 2-4 words per instruction. After giving the direction, pause and let your child process the information for 10-15 seconds with direct eye contact.

3 Model The Direction

If your child does not complete the direction, model the direction for your child up to three times, teaching them the expectation. Each time the direction is given, pause and allow the child time to process the information.

4 Repeat The Direction

Repeat the task and walk your child through the request. You may need to provide hand-over-hand support for successful completion of the task.

5 End With Specific Praise

Provide a high degree of specific and positive feedback. Specifically praise the child for their engagement and for completing the task.

This sequence for providing directives should be completed multiple times throughout the day, as each time the child moves through the 5 steps, they are further building and myelinating pathways within the brain that support increased capacity for taking in, processing, and giving the appropriate output.

Strategy #4

Utilize Zones of Regulation

- We understand that individuals with developmental delays may experience great challenges with self-regulation. As your child navigates the day, they may experience a wide array of emotions and bodily sensations but may also experience difficulty with communicating and understanding how they are feeling.
- [The Zones of Regulation](#) is an excellent resource for providing this visual support. Utilizing this tool throughout the day will help your child identify the root of their emotions, increase their ability to communicate feelings more readily and self-regulate prior to escalation.



Strategy #4

The Zones Of Regulation

	Blue	Green	Yellow	Red
How Your Child Is Behaving	<ul style="list-style-type: none"> • Tired • Hungry/Thirsty • Laying head on the desk 	<ul style="list-style-type: none"> • Calm • Communicating effectively • Engaged in tasks presented 	<ul style="list-style-type: none"> • Distracted • Pacing through room • Engagement in self-stimulatory behaviors 	<ul style="list-style-type: none"> • Non-compliance • Agression • Cying/Yelling • Tantrum/meltdown
Self-Regulation Strategy	<ul style="list-style-type: none"> • Gross motor and cross-lateral movements • Snack/drink • Movement break 	<ul style="list-style-type: none"> • High praise and encouragement 	<ul style="list-style-type: none"> • Calming sensory input • Gross motor and cross-lateral movements • Deep breathing • Change of environment 	<ul style="list-style-type: none"> • Space alone to calm • Deep breathing • Swinging in a hammock • Cross-lateral movement within a controlled space • Organized deep sensory input

- When looking at the zones of regulation, we teach students that the highest level of success with learning and engaging comes when we are in the green zone. When we fall outside of the green zone, the strategies that are outlined help us regain control of our bodies to calm and return to a neutral state.
- We regularly use this tool throughout the day with the students we serve. We encourage you to start using it with neutral (green) moments at home so that when your child becomes heightened, they have a basic understanding of those tools and can begin to gain the skills to self-regulate.





Take The Next Step

Call us to develop a game plan for your child

While these four strategies can be helpful for your child, we recognize that each child can have **various complexities**.

That is why at Jacob's Ladder, we evaluate and create a customized plan around the **whole child**, pulling from thousands of potential activities to help each child develop a better-connected brain and reach their full potential.

If you are looking for someone to talk to, we are here to listen and help. Schedule a call with us if you would like to discuss your child's needs and begin **developing a game plan** for your child.

[Schedule A Call](#)

[JacobsLadderResources.com](https://www.JacobsLadderResources.com)

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