

DEVELOPMENTAL TARGETS ADDRESSED IN POOL GROUP

GROSS MOTOR

- BODY WAKE-UP WITH WATER RESISTANCE
- STRETCHING OF LEGS, TRUNK, AND NECK
- KICKING AND SPLASHING ACTIVITIES FOR STRENGTHENING OF LEGS AND TRUNK
- CORE STRENGTHENING WHILE ON STOMACH ON KICKBOARDS

FINE MOTOR

- REACHING, GRASPING, CLAPPING, POINTING, AND SQUEEZING ACTIVITIES
- STRETCHING OF ARMS, HANDS, AND TRUNK
- KICKING AND SPLASHING ACTIVITIES FOR STRENGTHENING OF ARMS AND TRUNK
- USING TWO HANDS TOGETHER FOR BALL PLAY, HOLDING TWO OBJECTS, AND POOL FLOTATION DEVICES
- USING TOYS AND WATER FOR DUMP AND FILL ACTIVITIES

COGNITIVE

- ATTENDING TO PLAY TASKS
- IMITATION OF MOTOR ACTION DEMONSTRATED BY THERAPIST
- COUNTING 10 OR MORE OBJECTS
- NAMING COLORS AND SHAPES
- RECOGNIZING LETTERS ON ALPHABET DUCKS
- STATING GENDER AND AGE
- DEMONSTRATING PRETEND PLAY SKILLS USING WATERING CAN

RECEPTIVE LANGUAGE

- BODY PARTS RECOGNITION
- FOLLOWING SIMPLE DIRECTIONS TO GIVE, GET, GO, PUT, AND SHOW
- COMPREHENDING TWO-STEP RELATED AND UNRELATED DIRECTIONS
- LEARNING SPATIAL AWARENESS (IN, ON, UNDER) THROUGH SONG AND DEMONSTRATION
- MAKING CHOICES USING OBJECTS/PICTURES/VOCALIZATIONS
- ANTICIPATING ACTIONS
- COMPLYING TO COMMANDS LIKE STOP, GO, AND HELP

EXPRESSIVE LANGUAGE

- USING GESTURES/PICTURES/VOCALIZATIONS DURING SONGS
- REQUESTING OBJECTS, CONTINUANCE, AND ASSISTANCE; COMMENTING; PROTESTING; RESPONDING TO QUESTIONS
- INCREASING VOCALIZATIONS AND VOCABULARY WITH MOTOR ACTIVITIES

- FILLING IN THE BLANKS
- IMITATION OF SILLY SOUNDS/WORDS/PHRASES

SOCIALIZATION

- GREETING PEERS WITH SMILE, GAZE, GESTURES, AND/OR VOCALIZATIONS
- GROUP ACTIVITIES INCLUDING SONGS, BALL PLAY, PASSING OUT AND SHARING OF TOYS
- ENCOURAGING PEER INTERACTION THROUGH PLAY
- IDENTIFYING AND EXPRESSING EMOTIONS (HAPPY, SCARED, SAD) AND STATES (COLD, WARM, WET, DRY)
- EXPANDING CONVERSATIONS AND TOPIC MAINTENANCE

SENSORY

- LEARNING TO TOLERATE DIFFERENT FLOOR SURFACES ON FEET
- LEARNING TO MANAGE TEMPERATURE CHANGES OF BOTH AIR AND WATER
- LEARNING TO MANAGE THE EXPERIENCE OF BEING IN THE WATER
- LEARNING TO ADJUST AND RELAX IN A NOISY, ACOUSTIC ENVIRONMENT
- LEARNING TO DEAL WITH WET CLOTHING AND TOLERATE CHANGING CLOTHES
- SENSORY EXPLORATION THROUGH MOVING CHILD QUICKLY THROUGH THE WATER, HAVING WATER POURED ON DIFFERENT BODY PARTS, MANAGING GETTING HAIR WET

PARENT EDUCATION

- SUPPORT, MODELING, COACHING, AND DEMONSTRATION OF ALL ACTIVITIES
- RETURN DEMONSTRATION OF ACTIVITIES AND HANDLING OBSERVED
- SONG HANDOUTS AVAILABLE FOR CARRY OVER IN THE HOME
- SHARING OF ALL IDEAS, SUGGESTIONS, AND HISTORIES PROVIDED BY GROUP PARTICIPANTS
- GENERALIZATION OF POOL PLAY DURING BATH, WATER TABLE PLAY, AND HOME POOL PLAY