

# Pre-school Rebound Therapy for Children (0-5 years)

A one day workshop for Rebound Therapy practitioners to specialise their skill in pre-school aged children covering all levels of ability & disability

## Workshop aims & outcomes

- Benefits of early years Rebound Therapy
- Therapeutic, Physiological & Sensory benefits for pre-school children
- Social & emotional development in children using Rebound Therapy
- Communication development
- Milestone development

## Programme outline

- Introduction to Rebound Therapy
- Re-cap of skills
- Practical session for learners
- Discussion of developmental milestones
- Supports & equipment
- Techniques & positioning
- Progressions & programme writing
- Gross & Fine motor development activities
- Sensory activities
- Communication & Interaction
- Discussion of critical scenario
- Games and activities



## Pre-school Rebound Therapy rationale & code of practice

- To facilitate pre-school aged children in helping to meet milestones through the therapeutic effect of Rebound therapy
- To promote and develop communication through use of the trampoline
- To promote social and emotional development through the use of Rebound Therapy
- Intensive interaction
- To develop balance, stability & co-ordination through the trampoline.
- Promote the child's proprioception and vestibular system through the vibratory effect of the trampoline

The pre-school Rebound Therapy workshop is suitable for anyone that has completed the 2 day accredited Rebound Therapy training and would like to specialise their skills into pre-school aged children (aged 0 – 5 years).

- Teachers
- Teaching assistants
- Physiotherapists
- Occupational therapists
- Physio/OT assistants
- Nursery workers
- Social care practitioners
- Health professionals
- Early years practitioners
- Gymnastic coaches
- Sports coaches
- Support workers
- Students



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