IMPLEMENTED PSYCHOMOTOR ACTIVITY FOR VERY PRE-TERM CHILDREN AGED FROM 18 TO 36 MONTHS.

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Introduction

- Premature infants are more susceptible to motor development impairment when compared to full term infants.
- The effects of these impairments that are manifested in the long term can be prevented through adapted psychomotor stimulation and early parental guidance.
- In Belgium there is no adapted activity for 1 to 3 yo children
- From this perspective a psychomotor programme has been implemented for very pre-term children aged from 18 to 36 months. The aim of the present study was to validate the project.

Objectives of the activity

- Stimulate fundamental motricity and perceptuals according to 1,5 to 3 yo children needs.
- Possibility for individual intervention
- Develop children sociability and autonomy (activity with other children, but without parents)

THE IMPLEMENTED PSYCHOMOTOR ACTIVITY

Established conditions for activity

- Staff:
  - 1 physical educator
  - fundamental motricity + perceptuals stimulation
  - 1 children physiotherapist
  - individual intervention
- Population: 10 children aged between 20-24 months.
- Place: Medium sport hall (20x8m).
- Equipment: Heavy equipment from the sport hall (gymnastic mats in order to stimulate balance, rolling, skateboard, toys, parachute, etc.)
- When: Wednesday from 4.30 to 5.30 PM
- Guidelines:
  - Free games or guided exploration.
  - Structurated activity with rituals:
  - 1) welcome period with parents;
  - 2) main activity;
  - 3) return to calm.
  - Familiarization with the process of separation with the parents
- Price: ±5€/infant/session

Scientific Validation

Action-research methodology was used to validate activity

1. Reflecting
   - Experience + Scientific literature + Experts interviews
2. Planning
   - Building the implemented activity
3. Acting
   - Launching the implemented activity
4. Analyzing the implemented activity
   - Parents interviews
   - Experts interviews
   - Staff observations
   - They were asked to they give their opinion on the project, to confirm or deny our choices and to make suggestions about the activity
5. Improving
   - Sessions with parents need to be included (1x/5x)
   - Rituals could be improved, especially for return to calm
   - Parents request more feedback after session
   - Need to find a more appropriated day and time
   - Financial support is needed to reduce fees

Conclusions

- Most elements of the implemented psychomotor activity were validated by the experts and the parents.
- Requested changes: introducing sessions with parents, improving rituals, increasing feedbacks to parents
- However, financial support is needed for this work to be sustained.