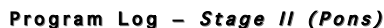




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[illegible]

The crawler should wear:



- *T-shirt / onesie and diaper (arms / legs / feet should be bare for traction)*




Program Log - Stage II (Pons)

[illegible]

Passive Balance Program – Log Stages I-II

 	Data
✱	Teeter-totter rocking, left side tilted down to right side tilted down
✱	Teeter-totter rocking, head tilted down to feet tilted down
✱	Sliding forwards & backwards
✱	Sliding left & right
✱	Turning in circles, clockwise
✱	Turning in circles, counterclockwise
	Gently lifting baby up & setting back down, starting with baby lying on back
	Assisting baby (by finger) in rolling from back to belly (<i>both right rolls & left rolls</i>)
	Horizontally moving baby side to side above parent, with parent lying on back
↻	Horizontal turns while resting chest on parent's shoulder (parent standing)
↻	Horizontal turns while resting left side on parent's shoulder (parent standing)
↻	Horizontal turns while resting right side on parent's shoulder (parent standing)
⬆	Carrying baby around room while sitting on parent's palm (& supporting back)
	Gentle trotting around house w. baby securely held to parent's body
	Rocking in a rocking chair with baby on lap

*1 of each exercise per session, for 15-45 sec each

 **Caution:** ALL of these activities should be done with the greatest gentleness, care, and foresight. Support baby's head and neck at ALL times.

✱ – Activities are done with baby lying horizontally, stomach down, on a firm pillow or small mat (*on the floor or on the bed*)

🌀 – Do these activities both clockwise & counterclockwise

↑ – While doing this carrying activity, move baby ① up & down, ② left & right, and ③ forward & backward. Talk & name things as you pass them.

This weekly log is for use with the program outlined in Glenn Doman's "*How Smart is Your Baby?*" and/or "*Fit Baby, Smart Baby, Your Baby*" (previously titled "*How to Teach Your Baby to Be Physically Superb*"). Please see book(s) for more details. To learn how we use the program in our family, please visit DomanMom.com. The creator of this log and website is in no way affiliated with or endorsed by Glenn Doman or the IAHP.

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Notes & Observations

Stage II – Pons



Stages my child is in this week: *

Visual: _____ Auditory: _____ Tactile: _____
Mobility: _____ Manual: _____ Language: _____

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* Remember: during transitions your child will be in more than one stage at once.

Circle M, T, W, etc. to show the day of the week

Day 1 (S M T W T F S)

Day 2 (S M T W T F S)

Day 3 (S M T W T F S)

Day 4 (S M T W T F S)

Day 5 (S M T W T F S)

Day 6 (S M T W T F S)

Day 7 (S M T W T F S)

Material & Supplies

Motor

- ☐ Infant crawling track
- ☐ Smooth, clean, warm floor

Vestibular

- ☐ Firm pillow or small mat
- ☐ Rocking chair (or mimic rocking chair motions while standing or sitting)

Manual

- ☐ ¼ inch thick wooden dowel (approx. 12–18 inches long)

Sensory

- ☐ Moderately bright household flashlight
- ☐ Penlight
- ☐ Air horn
- ☐ 21 outline bit cards
- ☐ Black & white checkerboard
- ☐ Black & white designs, pictures
- ☐ Hot wet washcloth
- ☐ Ice pack
- ☐ Dark room for light stimulations

Also

- ☐ Timer or watch
- ☐ Measuring tape (measure rooms once, then note how many times baby crossed or partially crossed room)

Attire:

- ☐ T-shirt or onesie where baby's arms, legs, & feet should be bare (for traction & freedom of movement)

Summary of Week (Tip: weekly formal or informal evaluations are a good idea to determine what activities to progress to or focus more on)

Reminders: 1. Every baby develops *asynchronously* – meaning they will be at different levels of development in different areas. For example, a baby could be at stage I in mobility development, stage II in tactile development, and stage III in visual development. Simply print out the logs that contain the activities for each of these stages and use only the portions needed.

2. During transitions, stages may sometimes overlap in a single area. For example, you may start to introduce stage III visual stimulation while still doing a few activities a day from stage II visual stimulation. This is ideal. Simply use two different logs as you gradually make the transition.