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### Physical Intelligence Program Log

Stage II - "The crawling child" - Pons



Child:	Age:
Dates:	·

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Date:	(long	Mobil F 4-18 g term	lat 8 hoi	trac	<b>k</b> laily	,	)	Mobility competence Smooth floor or flat track 1 min								Total yards today:
								_								
	_															

#### The crawler should wear:

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

		Prog	ıram Log	) – St	age II	(Pon	s)									
Date:	Ma	anual com	petence		Manual competence											
		ital re	lease per hand		Grasp reflex – hanging 2-30 sec from dowel or parent's thumbs											
			<u> </u>													
		-	<del>                                     </del>	+ +												
				+												
			+ +	1												
		*10x da	nily		ı	*15x	daily	1								

4	۲ Pa	∕e ssiv	st e B	i b (	•	a <b>r</b> Prog	Si		n u Log	la Sta	tic ges	n : /-//	,		
								Assisting baby (by finger) in rolling from back to belly (both right rolls & left rolls)	Horizontally moving baby side to side above parent, with parent lying on back			<b>G Horizontal turns</b> while resting <u>right side</u> on parent's shoulder (parent standing)	♠ Carrying baby around room while sitting on parent's palm (& supporting back)	ecurely held to parent's body	on lap
Date:	■ 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	X Turning in circles, counterclockwise	Gently lifting baby up & setting back down, starting with baby lying on back	Assisting baby (by finger) in rolling fro	Horizontally moving baby side to side	<b>G Horizontal turns</b> while resting chest on parent's shoulder (parent standing)	<b>O</b> Horizontal turns while resting <u>left side</u> on parent's shoulder (parent standing)	U Horizontal turns while resting right	♣ Carrying baby around room while si	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.

- ${f H}$  Activities are done with baby lying horizontally, stomach down, on a firm pillow or small mat (on the floor or on the bed)
- **U** Do these activities both clockwise & counterclockwise
- $\spadesuit$  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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## Physical Intelligence Program Log

Stage II - Pons



Child:	Age:
Dates:	

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Date:	] .5	L <b>igl</b> 5 stii per	nt remula	eflex ution using	<b>X</b> S	6-	<b>Spo</b> 10 s	ottii ligh	ng a t latio	ons	5	COu c -10 s	itlir ard	etenc ne B s ser car sessio	it ·d	1	hre so	eate ounc	atior	g	C	Vita old,	ile con il sei hot, only i	nsa pre	tior ssur	e on	Sho eve	Visual  ack & whi  uld be within  ry possible we	baby's line o king momen	of vision a at. Be sure	ıt
																											Date:	hour che	ox for each sight	waking was in	
		*10	x dai	ily			*10	x da	ily			*10	x da	ily			*5x	c dail	y		*4x		y eacl			on	I			_	

			*		ENT and		dule	)			
Date:	Weeks 1-3	Date:		k 5							
	square		cup		square			eye		cup	
	circle		spoon	•	circle			mouth	<b>**</b>	spoon	1
	triangle		fish	4	triangle			butterfly	M	fish	4
	star 🛨		cat	Á	star	*		bird	3	cat	M
	banana		tree	1	banana	7		flower		tree	*
	foot		elephant	1	foot	4		scissors	×	elephant	
	hand 🖐		window		hand	*		spider	*	window	

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#### Notes & Observations

Stage II - Pons



	Stages my child is in	this week: *	
Visual: Mobility:	Auditory:	Tactile:	
Mobility:	Manual:	Language:	_

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 $\ensuremath{^{*}}$  Remember: during transitions your child will be in more than one stage at once.

Day 1 (S M T W T F S)	Material & Complian
	Material & Supplies
	Motor O Infant crawling track
	O Smooth, clean, warm
	floor
	<u>Vestibular</u>
Day 2 (S M T W T F S)	O Firm pillow or small
	mat O Rocking chair (or mimic
	rocking chair motions while
	standing or sitting)
	<u>Manual</u>
Day 3 (S M T W T F S)	O 1/4 inch thick wooden dowel (approx. 12–18 inches
	long)
	Canaany
	Sensory  O Moderately bright
	household flashlight
Day 4 (S M T W T F S)	O Penlight O Air horn
	O 21 outline bit cards
	O Black & white checkerboard
	O Black & white
	designs, pictures
Day 5 (S M T W T F S)	O Hot wet washcloth O Ice pack
	O Dark room for light
	stimulations
	Also
	O Timer or watch
Day 6 (S M T W T F S)	O Measuring tape (measure rooms once, then
	note how many times baby crossed or partially crossed
	room)
	Attire:
	O T-shirt or onesie where baby's arms, legs,
Day 7 (S M T W T F S)	& 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 progr	ress to or focus more on)
Demindered 1 Every behy develope counchronough, magning they will be at different levels of development in different	orono For overella a halina
<b>Reminders:</b> 1. Every baby develops asynchronously – meaning they will be at different levels of development in different could be at stage I in mobility development, stage II in tactile development, and stage III in visual development. Simply print	
the activities for each of these stages and use only the portions needed.	<b>9 9</b>

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.

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