

Movement

Young children have a strong natural curiosity about visible differences. Your child may ask why his movement, legs and feet may be different than other children. After providing answers, explore how the way your child moves can have hidden gifts.

Why can't I walk like other children?

“Your back formed differently than other children’s, so you may not feel your legs and feet the way they do. This can make it difficult for you to walk. You may use a wheelchair, walker, crutches or braces to move around.”

Why do I move differently than other children with spina bifida?

“Just as children can have different color eyes, they can have different kinds of spina bifida. There are many types of spina bifida. The kind you have determines how you move and what equipment you use to get to where you want to go.”



Why are my legs and feet small?

“Legs and feet need to move a lot to grow. Because you only move a little on yours, they stay small.”



Suggested Activities to Help Your Child:

- Use activity page A and invite your child to find the equipment that she uses to move around.
- Remind your child how Eddie used a wheelchair and walker to get around and how he had fun with them. He made a tent of sheets, cleared the table faster than his sister and did wheelies. Ask your child for ideas on how to have fun with his wheelchair, walker, crutches or braces.
- Help your child list what she enjoys about her equipment. For example, she might like helping others carry their backpacks, or being able to decorate her walker or crutches with stickers.

