

Help your child to recover movement

Information for parents on early mobility

APRIL 2023

Welcome to the Paediatric Intensive Care Unit. Our team of doctors, nurses and allied health staff, including physiotherapists and occupational therapists, are here to help your child recover.

An essential part of your child's recovery is for them to move as soon as possible. This is called 'early mobility'. Moving early is essential to recovery, and we want you to get involved.

Each day during their ward round, the doctor will set an activity level for your child. This helps our team get the best movement out of your child during the day.



Please let us know if you have any questions or suggestions to help our team work with your child.

Activities to encourage movement

These activities fall into the following levels named after Australian animals.



Lizard – limited assisted movement in bed



Koala – gentle movement in bed with assistance



Wombat – more movement and allowed out of bed





Kangaroo – can get out of bed and leave the room

Activities can be as simple. For example, you can move your child's limbs or have a cuddle. Your nurse will give you some ideas about how you can help your child to become more mobile. Please see the back of this leaflet for examples of movements at each level.

Activity level classification

These are examples of activities related to each animal level. Some of the activities may not apply to your child.

Level of assistance	Definition	Activity goals
 <p>Lizard</p>	<p>Limited activity Your child requires full support to complete limited gentle mobility activities in bed</p>	<p>Limited activities only such as:</p> <ul style="list-style-type: none"> • changing position in bed • using splints provided by physio or occupational therapy • gentle stretches for your child’s arms and legs
 <p>Koala</p>	<p>Low-level activities Your child requires support and assistance to complete their mobility activities in bed</p>	<p>Koala activities are done in bed, such as:</p> <ul style="list-style-type: none"> • gentle movement of your child’s arms and legs with their help • changing position in bed • suggesting positions to encourage play and interaction • using splints provided by physio or occupational therapy • sitting up in bed
 <p>Wombat</p>	<p>Moderate-level activities Your child requires some support and assistance to complete their mobility activities in and around their bed</p>	<p>Wombat activities are done in and around the bed, such as:</p> <ul style="list-style-type: none"> • stretching and strengthening exercises • encouraging your child to move themselves in the bed • riding the bed bike • moving between positions, including lying to sitting and sitting to standing • increasing the amount of time spent sitting up • sitting out of bed
 <p>Kangaroo</p>	<p>Higher-level activities Your child requires minimal, or no assistance at all, to complete their mobility activities</p>	<p>Kangaroo activities are done in and out of bed, such as:</p> <ul style="list-style-type: none"> • moving around, in and outside the room • practising normal daily tasks, e.g. showering and teeth brushing • engaging in play, including playing on the floor • visiting outside the unit