

UNDERSTANDING AND SUPPORTING MOTOR DEVELOPMENT

IN CHILDREN WITH DOWN SYNDROME

For parents, grandparents, and family caregivers of children with Down syndrome

Supporting your child towards autonomy through adapted activities

Duration : 2 to 3 hours	Modules : 5 modules
Lessons : 13 lessons	Audience : Parents and family caregivers
Format : 100% online, asynchronous	Provider : N° 11757351875
Certification : Qualiopi	Price : On request

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Course description

This training helps you understand the motor characteristics related to Down syndrome, particularly hypotonia and hyperlaxity, and their impact on balance, posture, and daily movements. You will discover fun and accessible activities to stimulate your child's gross and fine motor skills while respecting their pace and abilities. Through concrete explanations and immediately applicable strategies, you will learn to transform everyday moments into opportunities for motor development, without needing to hold formal sessions. By the end of this training, you will have concrete tools and activity ideas to implement at home starting tonight.

Module summary

MODULE 1	Understanding Motor Particularities	3 lessons
MODULE 2	Daily Activities to Stimulate Gross Motor Skills	3 lessons
MODULE 3	Developing Fine Motor Skills	3 lessons
MODULE 4	Integrating Motor Work into Daily Life	3 lessons
MODULE 5	The COCO PENSE and COCO BOUGE Application	1 lesson

Learning objectives

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- Understand hypotonia and hyperlaxity and their evolution over time
- Identify the impact on balance, posture, and walking
- Suggest adapted movement games: dance, motor pathways, children's yoga
- Implement beneficial physical activities: swimming, walking, ball games
- Use techniques to gently strengthen muscle tone
- Develop fine motor skills through crafts: beads, modeling clay, painting
- Transform functional movements into exercises: buttoning, opening, pouring
- Suggest precision and visuo-manual coordination games
- Integrate motor work into daily life without holding sessions
- Adapt according to fatigue and motivation signals
- Track progress and maintain confidence

General information

Duration	2 to 3 hours of self-paced online training
Target Audience	Parents, grandparents, family caregivers, and relatives of children with Down syndrome

Prerequisites	None, training accessible to all adults
Price	Sur devis - TVA non applicable (article 261-4-4° du CGI)
Certification	Qualiopi - Attestation de fin de formation
Organization	DYNSEO - N° de déclaration d'activité : 11757351875

Lesson 1 - Hypotonia and Hyperlaxity

- Hypotonia = decreased muscle tone (less tense muscles)
- Hyperlaxity = excessive joint and ligament flexibility
- Genetic characteristics present from birth
- Direct impact on motor development and fatigue
- Tone improves over time with growth and activities

Lesson 2 - Impact on Balance, Posture, and Walking

- Balance: muscles work harder to keep body stable
- Posture: tendency to slouch, seeking support for energy saving
- Walking acquired between 2-3 years, sometimes later
- Natural adaptations: legs apart, feet turned out, tiptoe walking
- These difficulties are not definitive limits

Lesson 3 - Why Everyday Gestures Require More Effort

- Increased muscle effort for each action (like carrying invisible weights)
- Complex coordination: motor planning required for each gesture
- Difficult control and precision with loose joints and reduced tone
- Faster fatigue = need for frequent breaks
- Adapt environment and expectations accordingly

Lesson 1 - Movement Games (dance, obstacle course, children's yoga)

- Dance: balance, coordination, rhythm, and muscle strengthening
- Home motor course: cushions, tunnel, various obstacles
- Transform the course into a story to motivate the child
- Children's yoga: simple postures (tree, cat, frog) for postural tone
- 10-15 minutes daily is enough, consistency over duration

Lesson 2 - Adapted Physical Activities (swimming, walking, ball)

- Swimming: buoyancy reduces hypotonia impact, strengthens all muscles
- Walking: start with short distances, vary terrain
- Ball: rolling, throwing, catching, pushing with feet
- Adapt activities according to age and abilities
- Prioritize family enjoyment over performance

Lesson 3 - Techniques to Gently Strengthen Tone

- Resistance games: pushing against hands, pulling, gentle wrestling
- Strengthening positions: on all fours, sitting without support, climbing
- Pushing/pulling activities: cart, laundry basket, doors
- Carrying appropriate objects, going up stairs
- Materials to manipulate: modeling clay, kinetic sand, sponges

Lesson 1 - DIY, Beads, Modeling Clay, Brushes

- Crafting: tearing, gluing, cutting gradually
- Beads: start with large beads and stiff lace, gradually reduce
- Modeling clay: squashing, rolling, pinching, hiding objects inside
- Painting: large brushes first, then finer ones, vary techniques
- Short regular sessions, value effort over result

Lesson 2 - Functional Activities (buttoning, opening, pouring)

- Dressing: buttons, zippers, velcro, putting on clothes
- Open/close: boxes, caps, jars, clips, door handles
- Transferring: dry beans, rice, then liquids gradually

- Meals: spoon, fork, glass, opening packages, serving oneself
- Break down each action into simple steps

Lesson 3 - Games to Improve Visual-Motor Accuracy and Coordination

- Puzzles: start with simple insertions, gradually increase difficulty
- Construction games: blocks, Duplo, Kapla, nesting cubes
- Insertion and sorting games: shapes, colors, sizes
- Targeting games: throw into basket, stack rings
- Graphic activities: trace in sand, connect dots, color

MODULE 4

Integrating Motor Work into Daily Life

3 lessons

Lesson 1 - Key Moments to Practice Without Having a Session

- Morning: stretching upon waking, participating in getting dressed
- Meals: climbing onto chair, handling cutlery, clearing table
- Movements: stairs, walking, jumping, carrying bag
- Bath: undressing, playing with water, soaping up, getting out alone
- Tidying up, household chores, free play with accessible materials

Lesson 2 - Adapting According to Fatigue and Motivation

- Recognize fatigue signs: irritability, imprecise movements, lost concentration
- Good days: demanding activities, new challenges
- Fatigue days: calm activities, reduced duration, more breaks
- Respect energy cycles (often better in the morning)
- Maintain motivation: choices, alternate activities, use personal interests

Lesson 3 - Tracking Progress and Staying Confident

- Keep a progress journal: regularly note successes
- Photos and videos: measure progress over several months
- Celebrate every victory, even small ones
- Never compare to other children
- Trust the process: plateaus followed by leaps forward

MODULE 5

The COCO PENSE and COCO BOUGE Application

1 lesson

Lesson 1 - Discover COCO

- App for children aged 5-10: 30+ educational games
- Automatic sports break every 15 minutes
- Adaptive difficulty levels based on abilities
- Designed with health professionals (speech therapists, occupational therapists, psychomotor therapists)
- Two-player games possible: parent-child or among children

Teaching methods

- 100% online training, accessible from computer or tablet
- Self-paced progression, without time constraints
- Concrete explanations and immediately applicable strategies
- Activity ideas to implement at home starting tonight
- Bonus: discovery of the COCO PENSE & COCO BOUGE app