

can improve facial appearance immensely.

Encourage Play and Exercise

Children who are cognitively impaired have the same need for play and exercise as any other child. However, because of the children's slower development, parents may be less aware of the need to provide such activities. Therefore, the nurse will need to guide parents toward selection of suitable play and exercise activities. Because play has been discussed for children in each age group in earlier chapters, only the exceptions are presented here (Fig. 18-2).



FIG 18-2 Placing an attractive object outside the child's reach encourages crawling movements. (Courtesy of James DeLeon, Texas Children's Hospital, Houston, TX.)

The type of play is based on the child's developmental age, although the need for sensorimotor play may be prolonged. Parents should use every opportunity to expose the child to as many different sounds, sights, and sensations as possible. Appropriate toys include musical mobiles, stuffed toys, floating toys, a rocking chair or horse, a swing, bells, and rattles. The child should be taken on outings, such as trips to the grocery store or shopping center. Other people should be encouraged to visit in the home; and individuals should relate directly to the child through means such as cuddling, holding, rocking, and talking to the child in the face-to-face fashion.