



Positioning for Play: Using A Boppy

What is a Boppy?



"Boppy" is a crescent shaped pillow invented for babies to prop them up in a variety of positions for play and observation. Boppys come in several sizes (regular, medium

and itsy) and fabrics. Although the original vendor is Camp Kazoo, copies have been seen in local department and baby stores.

What can I do with it?

◆ Many families use the boppy to get the child on from lying flat on the floor to a *semi-reclined* position. In this way, the child's head and shoulders are supported and they can more easily see and reach for toys dangled in front of them. An overhead gym is frequently used to hang toys from. Try placing toys on the child's tummy- a good place to begin exploring with both hands!

◆ Boppys can also be used to help a child to *sit* independently (and safely). Young children often need just a little more support to sit up and play. Instead of using their hands to balance, the boppy can help to free up hands for play! Try stacking and belting 2 boppys together (2 regular or 1 regular and 1 medium) for even more support! They also travel easily to Grandma's!

◆ A favorite place to play and read has always been on a parent's lap. Try using the boppy around the child's waist as a "table" by turning it around and placing books or toys on the fatter side. The medium boppy may be best for this.

◆ Some children may have difficulty holding their heads up when they play; try using the itsy boppy for head and neck support for short periods of time.



◆ We have also used the itsy for wrist support when using a switch for toy or computer play.

Where to get Boppys: Camp Kazoo

Buy in quantities and get a deal!

602 Park Point Dr., Ste.150

Golden, CO 80401

(303) 526-2626

<http://www.boppy.com/>

Local department or baby furniture stores.

