

# SCRIPT

## INTRODUCING MYBURROW®

---

### Essential reading before embarking on the use of MyBurrow®

(Recommended for use if children have never before experienced or not yet confident using MyBurrow®)

Sitting beside MyBurrow® show the child/ren how it sticks to the carpet. Do not position MyBurrow® so that the lycra panel is taut rather allow it to sit loose on the carpet. (Adjusting the tension is optional later as demonstrated by the child's preferences)

Let children feel the top of it – running their hands along it etc.

Take your shoes off (so that feet can feel myburrow®) Let's feel it with our feet.

Now lie on top of MyBurrow®, feel MyBurrow®.

What does it feel like? (words like smooth and slippery) I wonder what it feels like under there?

Lets put (toy) under there. Look (toy) is hiding. Can you feel him under there? (children feel the toy through the top of the panel.)

How do we get (toy)? Look one end here one end there? (show them how both ends stretch up)

What if you want to get out in a hurry? Just lift it up (show them how it detaches).

We can reach under (show them again how the ends of the panel stretch up then children take turns retrieving toy which is positioned close to the entry/exit – their whole body has not gone under yet.)

We can put our feet under, wriggle under more.

Put your knees under. Put your bottom under.

Now we teach the child/ren how their body can change the feedback depending on their movement.

Showing them how to move under it and not just lie there.

Roll over Show me your feet Push your feet up and down Up and down.

Gradually move other body parts under MyBurrow®. Can you move like a starfish? Out together, out together...

Some children may be ready by their first try to put their whole body under. Others may take a few more sessions. Some may just like to put their hands and legs under it.

**TIP: Never force any child to go under MyBurrow®. MyBurrow® is child controlled and child initiated. The user decides how much or how little pressure they like.**

MyBurrow 2021©



**VISIT OUR WEBSITE MYBURROW.COM.AU**