

**Ages and Stages**

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Dr. Kari Leikert

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***I Saw a Child***  
**John Anthony Davis**

I saw a child who could not walk  
 Sit on a horse, laugh and talk.  
 Then ride it through a field of daisies  
 And yet he could not walk unaided.

I saw a child, no legs below  
 Sit on a horse and make it go  
 Through woods of green  
 And places he had never been  
 To sit and stare  
 Except from a chair.

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***I Saw a Child***  
**John Anthony Davis**

I saw a child who could only crawl  
 Mount a horse and sit up tall.  
 Then put it through degrees of paces  
 And laugh at the wonder in our faces

I saw a child born into strife  
 Take up and hold the reins of life  
 And that same child was heard to say  
 Thank God for showing me the way!

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**■ Evolution of Therapeutic Riding**

- Greek mythology
- Hippocrates
- Cassain
- World War 1
- Liz Hartel
- TR moves to the US and Canada

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What do Physicians think?

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**■ Expected Pediatric Developmental Milestones Ages 2-16**

- Physical Development
- Fine Motor Development
- Language Development
- Mental Development
- Social Development

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## 2 Years



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## 2 Years

- Physical:** steady gait
- Fine Motor:** turns book pages one at a time
- Language:** Vocabulary of about 300 words
- Mental:** begins mental problem solving and play
- Social:** plays pretend

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## 2 ½ Years



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**2 ½ Years**

**Physical:** throws a ball 4-5 feet  
**Fine Motor:** removes shirt and pants with help  
**Language:** enjoys rhymes and singing  
**Mental:** is egocentric  
**Social:** separates easily from parent

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**3 Years**



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**3 Years**

**Physical:** balances on one foot for 5 seconds  
**Fine Motor:** demonstrates hand washing  
**Language:** asks many questions  
**Mental:** repeats 3 numbers  
**Social:** begins to understand taking turns and sharing

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### 4 Years



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### 4 Years

- Physical:** jumps from step
- Fine Motor:** begins to show a hand preference
- Language:** gives reasonable answers to basic questions
- Mental:** counts to 5
- Social:** interacts well with peers

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### 5 Years



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**5 Years**

**Physical:** walks backward toe to heel  
**Fine Motor:** prints some letters and numbers  
**Language:** speaks clearly with good articulation and language skills  
**Mental:** follows direction  
**Social:** listens and attends

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**6 Years**



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**6 Years**

**Physical:** climbs, skips, hops and gallops  
**Fine Motor:** ties a knot  
**Language:** uses all types of sentence structure  
**Mental:** able to define an object's use  
**Social:** likes small group play

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### 7 to 12 Years



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### 7 to 12 Years

- Physical:** dexterity increases
- Fine Motor:** increasingly skillful with hands
- Language:** reads and writes well
- Mental:** curious about function and use of objects
- Social:** hero worship begins

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### 13 to 16 Years



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**13 to 16 Years**

**Physical:** body changes associated with puberty  
**Fine Motor:** able to manipulate small tools  
**Language:** high level of comprehension and vocabulary  
**Mental:** begins to develop abstract thinking and logic  
**Social:** mood swings

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**How can therapeutic horsemanship help in children who don't meet expected developmental milestones?**

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**David, 2 years old, is noted at his well child exam, to have a vocabulary of only 5-6 words and no 2 word phrases. He uses a brush, fork, and spoon. He copies words and actions. He follows simple instructions. He walks with a steady gait.**

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**Is there support for the usefulness of TR in this scenario?**

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**Suggestions in Communicating with Riders with Speech Disabilities- keep in mind your role is to teach riding skills, not speech!**

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**Emily, 4 years old, has a known diagnosis of autism. She was diagnosed at 2 after M-CHAT revealed high risk and she was referred to CMH for evaluation and treatment. She has been getting ABA Therapy through CMH and is in a Special Education Preschool Program.**

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**What support is there for TR in this scenario?**

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**What are some important concepts in working with this child with autism?**

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Belle is a 7 year old, who a 4, was meeting all developmental milestones. She was then diagnosed with a rare cancer, rhabdomyosarcoma, in her jaw. She was treated with chemotherapy and radiation. She developed weakness, nausea, and pain. She was given pain and nausea medications and Child Life Specialists worked with her to provide distraction.

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**Is there support for TR in this situation?**

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**Belle was referred for TR and has been in therapy for 2 ½ years- how has this helped?**

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**Nick is a 9 year old healthy child who was blinded in a hunting accident. He received special educational services, PT and OT to help him adapt. However, he developed postural problems and a shuffling gait and a regression of his motor milestones previously achieved.**

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**What support is there for TR for the vision impaired?**

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**What should one keep in mind when working with the vision impaired?**

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Amelia, 13 years old, has ADHD and anxiety. With the onset of puberty, she has developed increased mood swings and some physical clumsiness. She does not seem to be developing the capability for abstract thinking that most teens do at this age. She takes Ritalin for her ADHD, Prozac for her anxiety, and is in counseling.

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**Is there support for TR in kids with ADHD and anxiety?**

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**How does TR help kids with ADHD and anxiety?**

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**What does the future hold?**

- o More controlled studies needed on benefits of TR
- o More interaction/education needed between TR centers and instructors, mental health professionals, and medical professionals
- o Need for recognition by insurance companies for coverage for TR

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