

## EFFECT OF SELECTED PLAY ACTIVITIES ON ADAPTIVE SKILLS, AMONG CHILDREN WITH DOWN SYNDROME

OLA ABD EL-RAHMAN ALI HEKAL<sup>1</sup>, MIRRET MOHAMED DARWISH<sup>2</sup>,  
AZZA ABDEL MOGHNY ATTIA<sup>3</sup>, ZEINAB ABD EL-HALIM OSMAN<sup>4</sup>, IMAN AHMED EHSAN<sup>5</sup>

<sup>1, 2, 3</sup>Pediatric Nursing Department, Faculty of Nursing, Cairo University, Egypt

<sup>4</sup>Psychiatric Mental Health Nursing Department, Faculty of Nursing, Cairo University, Egypt

<sup>5</sup>Pediatric Medicine Department, Faculty of Medicine, Cairo University, Egypt

### ABSTRACT

Play activities has been suggested as an intervention, to help children with Down syndrome, to strengthen their adaptive skills. **Aim:** evaluate the effect of selected play activities on adaptive skills, among children with Down syndrome. **Design:** One-group pre-posttest quasi-experimental research design was utilized. **Setting:** The genetic out-patient clinic in Cairo - University specialized pediatric hospital and the association for children with special needs. **Sample:** A purposeful sample of 30 children with Down syndrome, those had mild and moderate intellectual disability. **Tools of data collection:** three tools were utilized: a structured interview sheet, Vineland Adaptive Behavior Scale, and selected play activities check list sheet. **Results:** children's raw scores of Vineland adaptive behaviour scale improved significantly after application of selected play activities in areas of motor skills followed by daily living activities and socialization. **Conclusion:** the selected play activities had a positive effect on adaptive skills, especially fine motor skills and daily living activities among children with Down syndrome. **Recommendations:** booklet including play activities is needed, to improve down syndrome children's skills in different adaptive behaviors, and health education program must be designed and implemented, for caregivers about how to deal with their children, with Down syndrome for maximizing their children capabilities.

**KEYWORDS:** Adaptive Skills, Down Syndrome, Play Activities, Children