Make Your Own Position Board
Adapted from a handout by Dr. Lilli Nielsen

Materials You Will Need
To make a position board you will need the following supplies:

- Polypropylene pegboard preferred – best results with durability and cleanliness. The size is determined by your use of the board (table or tray top, wall hanging, or floor.)
- 1/8” elastic – minimal width, use larger widths for children that have increased strength
- plastic tubing – large enough to cover elastic
- loop turner – available at JoAnn Fabric – for pulling elastic through tubing
- drill – to put holes in items to be placed on boards
- Items to be attached to board

Directions
Attach elastic to the end of the item(s) to be attached. Make sure that the length of elastic allows for the item to be brought up to a child’s mouth from its original location. Cut a piece of tubing and using the loop turner, thread the elastic through the tubing. Once the elastic is covered its entire length, tie the other end of the elastic to the pegboard.

Caution must be used to determine appropriate items to be attached to the board. Do not use any items that pose a choking hazard, that are easily broken, or that have sharp edges. The builder is responsible for the safety of the child using the equipment.

The items placed on a position board are determined by the developmental level of the child or children to play with the board. Evaluate items for sensory characteristics – visual, auditory, tactile, olfactory, and taste. Evaluate an item for the skill needed to manipulate it – pushing, batting, grasping, pulling, taking apart, putting together, etc. Ensure that items can be compared to others of size, weight, shape, etc.

A position board that requires skills that are too developmental high or too low for a child will not promote active learning, and may result in limited or stereotypical activity or no activity at all.