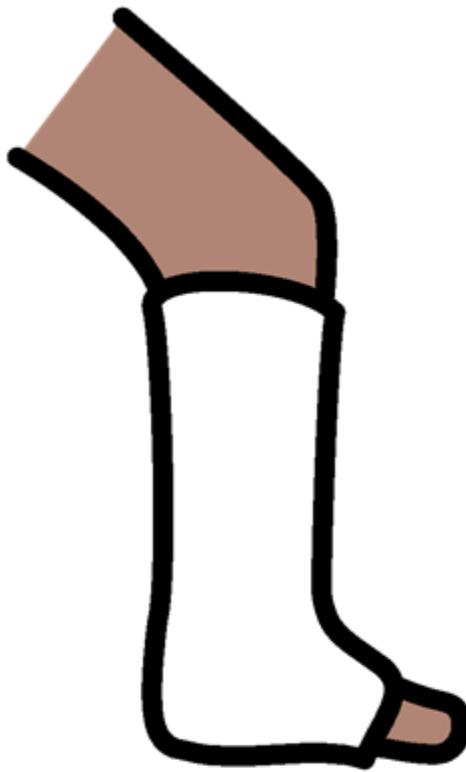


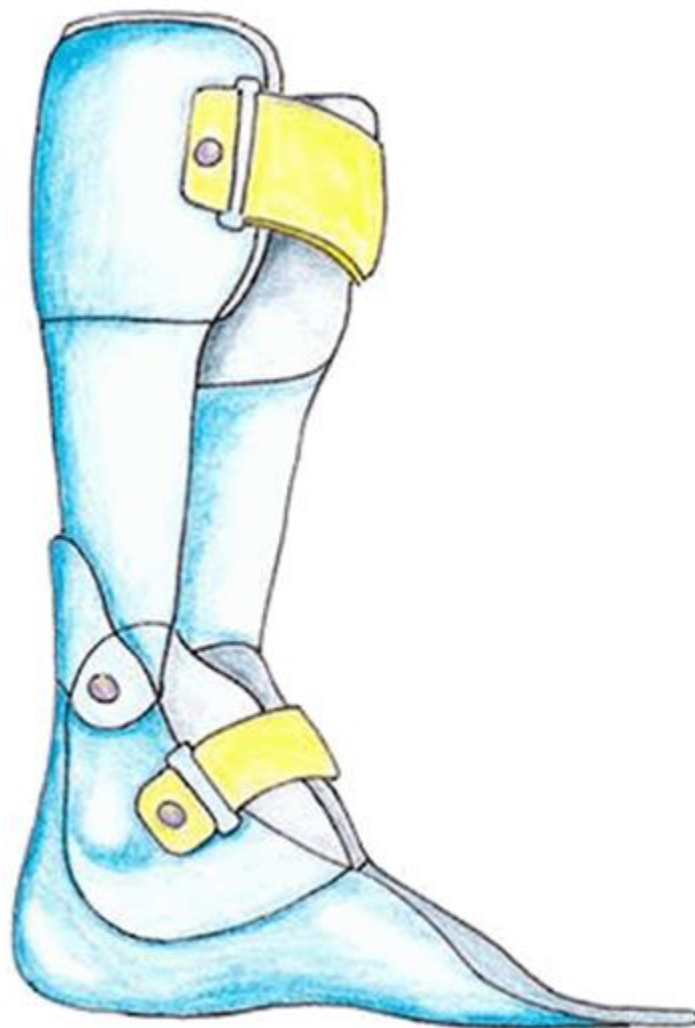
My New Moon Boots



I'm going to get some new moon boots to wear to bed each night.

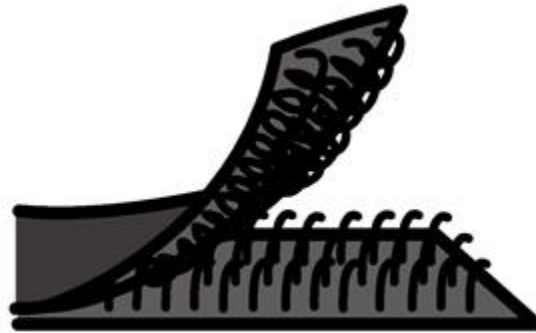


They have already put plaster on my legs to make the boots fit me perfectly.



My boots may look like this.

They are made of plaster and Velcro.



The Velcro holds my boots on.
It is stiff, and makes a loud rip sound

but that is ok.



When I get my boots,
I need to start wearing them at night.



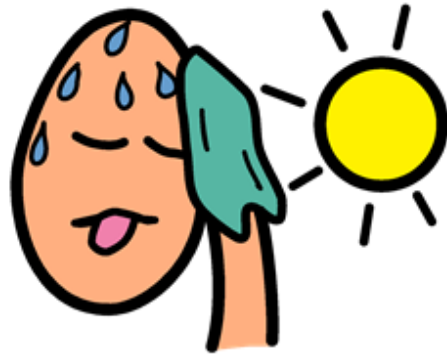
The boots look after my legs while I sleep



I will practice putting them on every night.



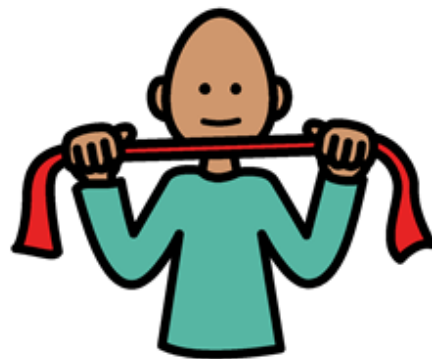
Heavy?



Hot?



Squeezy?



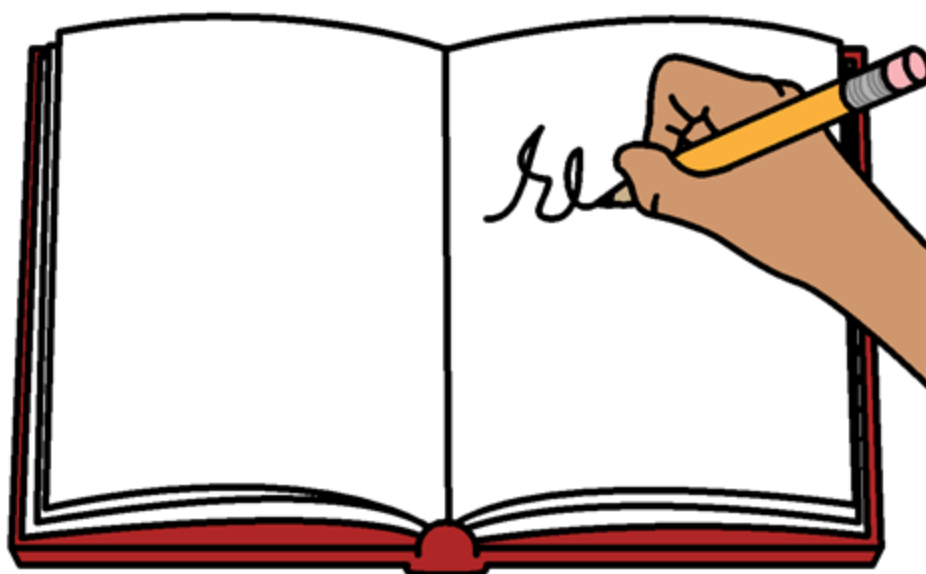
Stretchy?

The boots are new so they
might give me difficult feelings at first,

but that is ok.



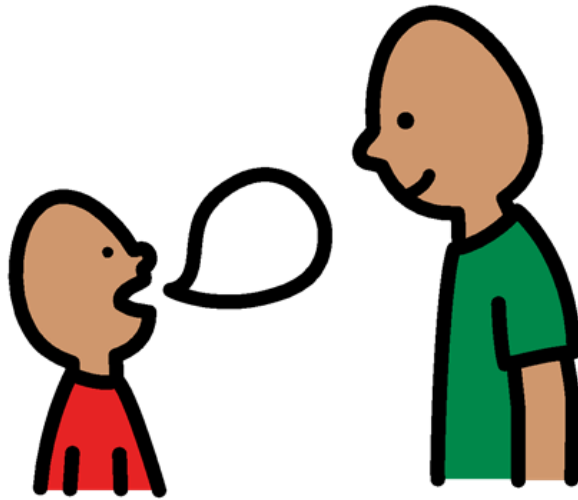
Keep practicing,
that is all I have to do.



I'll use my diary to help me remember.



It may be difficult to sleep in my moon boots at first.
I might feel frustrated or cross.



That is ok.

My parents will help me.



Soon, I will be used to my boots and
able to sleep in them fine.



Then my legs will be
ready to play in the morning



I think I can do it!

Any queries: Contact your local physiotherapist