



1.
Take a good look at our original Top. Only the original Top is shaped with a pointed centre. This enables children to get the feeling of turning upside-down when moving the Top 360° around the centre.

2.+3.
The edge of the Top protects children's heads and hands from getting hurt

4.
Raised edges prevent children from getting their fingers caught under the Top. At the same time there is no risk of suffocation if children hide inside the Top.



The Top

Tumble with the Top



The Top is an all-in-one, cone-shaped toy and therapeutic tool. It allows children from the age of four and upwards to feel the rush of everything spinning, while developing their motor skills and body awareness.

The Top helps to:

- develop children's motor skills
- give children an increased understanding of their bodies
- strengthen children's muscles and enhance their muscle control
- challenge children's curiosity, imagination and urge to explore
- increase children's alertness
- and give children many hours of fun.

It is all about balance

The Top gives children the wonderful sensation of experiencing dizziness under safe conditions. This may seem daunting at first, but they should be allowed to sit quietly in the Top and get a feel for its rocking movement. When they feel sufficiently confident, an adult can give the Top a gentle push to help it spin.

As children become more confident and make the Top spin under their own power, they become more familiar with their bodies, discovering that some muscles relax and others tense as the Top begins to move. The synergy between muscle groups becomes clear as children learn to use their bodies in a new and exciting way. Very little practice is required before they can spin quickly and rhythmically, and the benefits are great.

Children will soon be spinning, tumbling around stimulating the inner ear and sense of balance – the vestibular sense (See: The vestibular sense). Because of the Top's unique cone-shaped design, children's bodies are subjected to quick changes of direction and pace. For example, when the Top spins fast, they are tipped suddenly upside down and then the right way up again, and tilted from

right to left, like a small ship on the high seas. These quick changes of direction require balance and extra muscle control, as children need to keep their heads still and tense their legs, abdomens and arms.

Muscle games

Because of its cone-shaped design, the Top is a more challenging toy than the Mini Top (See: photo). The Mini Top is best suited to the very youngest children (aged 0-4) who are not yet able to coordinate their muscles as well as older children, where the larger Top is suitable for children up to a height of approx. 150 centimetres. The Top requires more from the older child, and activates many muscle groups, especially those in the neck, back, abdomen and arms. Children quickly learn to gain full control, and will soon be spinning around in both directions and rocking backwards and forwards.

Working with particular muscle groups

The Top is excellent for exercise targeting the abdomen, especially the oblique abdominal muscles. For example, try to make the child lie, head down, resting on the back edge, and then move from this position into a sitting position; the less the child uses their arms, the more the abdominal muscles will be used. This makes the Top a valuable tool for targeting specific problem areas.

Alertness – the prepared child

When the child plays with the Top, it is not only the body that spins. For us to be able to concentrate and keep our focus, our brains need

to be alert. When we stimulate the inner ear by rotating, the brain is also affected. This, in turn, affects our ability to concentrate – our alertness. If our alertness is too low, we become lost in our own thoughts and are unable to focus. If our alertness is too high, we are often physically or mentally agitated and cannot settle down. An equilibrium is required, where we feel energetic, not hungry or tired, and muscle tension is at a normal level.

It's Top time!

A spin in the Top wakes children up and makes them more alert. This means that the Top can be a useful tool when the child needs to change from sedentary activities, where the brain's alertness falls, to activities that require them to be alert and attentive.

Many children may find it difficult to regulate these shifts in brain alertness themselves. The Top can be used as a shortcut to aid the shift from computer games to homework, or participation in normal daily family activities.

The Top can also be a great tool for avoiding conflict when used as a break between activities. A spin in the Top can be offered as an antidote for sedentary activities, such as watching television or playing on the computer.



Mini Top

The vestibular sense

The vestibular sense is a sensory system attached to the inner ear. It registers the movement and position of the head in relation to space and body. This is where the vertical sense for the body is located and where acceleration, change of direction and movement are registered.

Stimulation of the vestibular sense, in combination with other senses (primarily sight, touch and proprioception), is important for the child to become good at keeping their balance while still or moving. At the same time, the child is able to use the necessary muscle tension to accomplish correct and coordinated movement.

The vestibular sense helps to keep our heads steady and still, and is therefore very important in playing and learning, requiring our eyes to be focused. Stimulation of the sensory system can give two opposite reactions. On one hand, stimulation with a rhythmical and prolonged rocking motion can have a calming effect and, on the other hand, sudden changes of direction, speed and acceleration can have an exhilarating effect on the child.

Physiotherapist Hannah Harboe

Suitable for children up to a height of approx. 150 centimetres.