

Solution Focused Task Oriented Assessment Guidelines

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Sitting with thoracic level block support: observe-adapt-select-plan



Establish child's ability level

Let the child sit between two 15-20 cm high blocks positioned on each side in contact with the trunk and thighs. Increase the height of the blocks if more support is needed.

Encourage the child to rest the forearms on the raised surfaces provided by the blocks .

The infant may need time to figure out how to use the upper limbs (ULs) as props to assist with maintaining trunk extension.

For infants who tend to sit with a very flexed trunk, maintaining the trunk in extension is difficult and tiring they often need an incentive to put in effort to bring the trunk erect.

One way to encourage an infant to lift the head and extend the upper thoracic spine is to provide interesting events that catch and hold their attention.

Once you have figured out ways to hold the infant's attention, time how long they are able to maintain sitting with support and use this time to measure progress.




Activities to engage infant attention

The following activities work well to engage the child's attention – and importantly they can be varied to encourage the infant to move the head in different directions and start to make small postural adjustments that support the head movements.

- Hand games to engage infants attention
- Funny faces and sounds Infants often take delight in watching a social partner make funny faces and interesting sounds.
- Action songs
- Pee-a-boo

Posture and stability with UL support

	Yes	Not yet	Adapt
Sits erect for 20-30-60s.			Raise the height of the side cushions.
Moves head to look to the left and right			
Moves head to look up and down			
			Engage infant's attention

 <p>Sits erect 10-20-30s. May prop on hands</p>	 <p>Sit erect and turn head to left and right</p>	 <p>Moves head to look up and down</p>
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Next step: encourage UL lifting and reaching




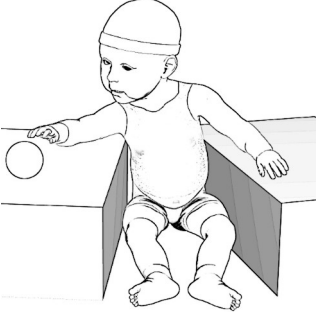

Once the infant is able to maintain the head and trunk when propping on the ULs, they are encouraged to lift one hand to reach for toys.

Lifting one UL shifts the centre of mass (COM) and provides the infant with the experience needed to learn about the small shifts in trunk alignment needed to maintain balance.

The following set of activities assess the infant's ability to maintain an erect and steady trunk when lifting and reaching in different directions, as well as further and higher as they gain greater control over trunk stability.

Toys are presented in different locations to encourage reaching.

	Yes	Not yet	Adapt
Bends forwards and reaches for a toy in front on the support surface. Comes erect again.			Raise level of lateral support.
Reaches up to head with one hand			
Lifts one hand up to shoulder height to take toy			
Lifts both hands forwards and up to shoulder height			Provide support behind – infant leans back for additional support.
Holds and shakes a rattle vigorously			

 <p>Bends and reaches forwards. Comes erect again</p>	 <p>Reached to head with one hand.</p>	 <p>Lift one hand to shoulder height</p>
 <p>Reaches sideways beyond easy reach.</p>	 <p>Lifts both arms forwards .</p>	

Sitting between caregiver's legs

Sitting between a caregiver's legs is another position that provides effective support for the trunk'

The caregiver sits on a flat surface (floor or bed) with the lower limbs straight in front and thighs apart. Leaning back against a wall makes this position easier to maintain.

The infant sits between the caregiver's thighs, resting the arms on the thighs.

In this position infants feel well supported and will often start to reach for toys that are presented within easy reaching distance.

The caregiver can also provide more or less support for the child's trunk trunk by leaning back.



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