

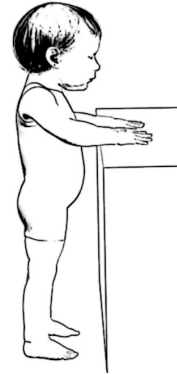
SfA in Early Intervention: Baby Training Activities

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Standing with waist high support

Why practice standing with hand support on a step

To stand erect with hand support a child needs to take all their weight on the legs, keep the hips and knees straight (extended) and maintain balance over the small base provided by the feet.



Standing with hands supported on a lower support surface, one that is about level with the child's waist, allows the child to lean forwards and support some of the body-weight on the tummy and forearms.



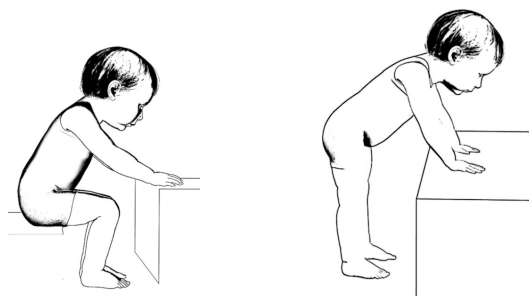
As the child becomes stronger and more confident they will usually start to straighten the arms and take weight on the hands.



Getting up into standing from sitting on a step

Once your child has learned to sit on a stool or step with the head and trunk erect and steady, and is able to maintain their balance when moving the arms, they are ready to practice moving from sitting to standing with hand support.

Standing from a stool has two parts: first the trunk is tipped forwards to shift the bodyweight over the feet, followed by straightening the hips and knees to lift the buttocks up off the step.



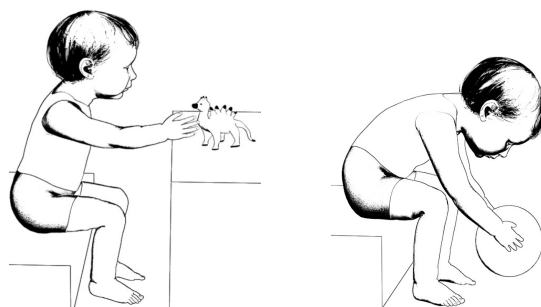
It helps to start training standing up from sitting by first practising tipping the trunk forwards, and once the child gets the hang of doing this, encouraging the child to stand up using the hands on the support surface to assist with the movement.

Practice leaning forwards

Let your child sit on a step facing a low table. Adjust the height of the step so that your child's hips and knees are bent to about 90 degrees.

Play games that encourage the child to lean forwards with one hand to reach towards a toy.

Another way to encourage a child to move the trunk forwards is play games that involve picking up a toy from the floor.



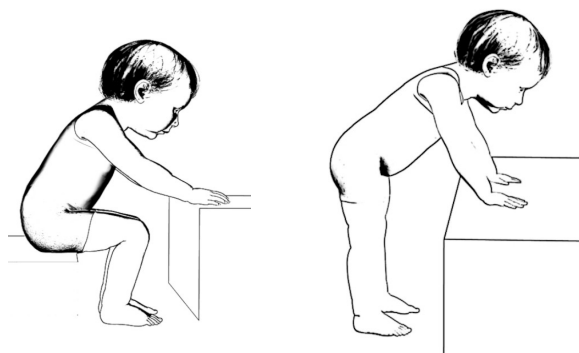
Pulling up to standing

The next step is to encourage the child to hold onto the support surface that is in front of them and pull up into standing.

To encourage the child to stand up, place toys a little higher, or just out of reach, so that they need to stand up to reach them.

You may need to help the child by using your hand to lift the buttocks up off the step.

Raising the height of the step will also make it easier to stand up.



Games that encourage repeated reaching forwards and sitting erect again.

Stopping a spinning top

Knocking over a bottle game

Stopping a spinning bottle

Reaching for a balloon suspended just out of reach

Catching bubbles

Standing with tummy resting on a flat support surface

Lift your child into a standing position facing a flat support surface that is about waist height, with the tummy and forearms resting on the support surface.



Important note: Be ready to catch the child should they they fall sideways or backwards.

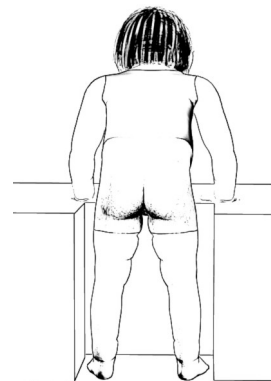
At first the child may need to lean forwards and rest her chest on the support surface.

As the legs get stronger and the balance improves, the child will start to take weight on the hands with the elbows straight.



Place toys close to one or other hand to encourage her to lift and reach with one hand.

If your child tends to topple sideways, it is useful to let them stand between two weighted boxes. The boxes will stop them from falling and encourage the child to come upright again.



Remember: Stay close by and be ready to catch if your child suddenly falls over.

About SfA in Early Intervention Training Activities

Ideally babies and toddlers who are late reaching the important gross motor milestones should be assessed by a paediatric physical or occupational therapist who will work with the family to select activities for training motor skills.

However not all families have access to paediatric PT or OT and for these families it is hoped that the SfA Training Activities provide some guidance on ways to improve their children's motor abilities.

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Parents are responsible for ensuring that activities and exercises are carried out in a safe manner at all times.

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