

Solution Focused Assessment Guidelines

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Independent Sitting

When infants first learn to sit erect without external support their balance is still precarious and movements of the head and limbs may lead to falling backwards or sideways. With practice infants learn to maintain their balance when it is perturbed by movement of the head and limbs in different directions, with increasing speed, vigour and over greater distances.

Assessment of independent sitting starts with observation and noting balance and posture of the head, trunk and limbs when sitting either quietly and maybe playing with a toy.

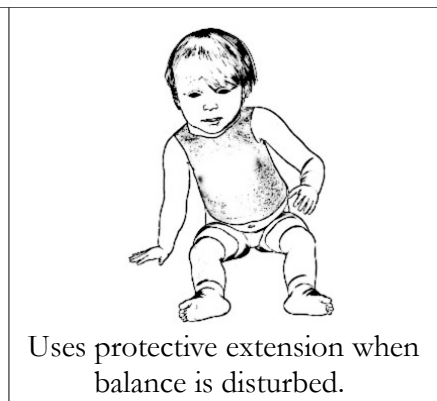
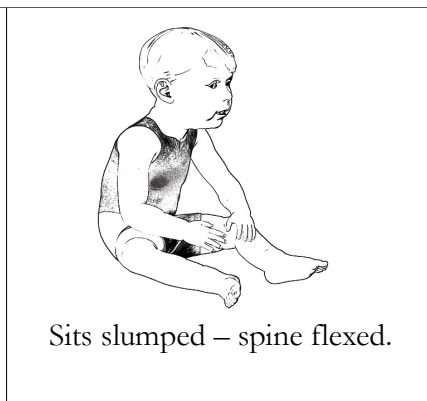
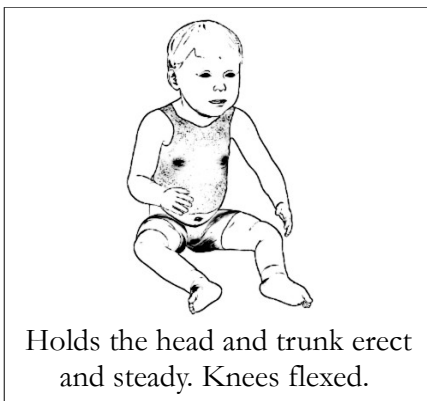
The next step is to observe the infants abilities when they reach for toys first close by and then further away.




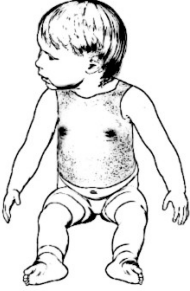


Lastly the infants ability to transition from sitting to prone or kneeling is observed.

Independent sitting is assessed with the infant sitting on a firm flat surface. **If needed, a pillow can be placed behind the child in case they fall backwards.**

Posture and stability when sitting on a firm flat surface

When sitting on a firm flat surface, the infant	Yes	Not yet	Adapt
Sits erect for 30-60s. No external support. May rest hands on thighs.			Provide external support at hip level.
Trunk is extended			
Trunk is flexed			
Trunk steady. Maintains balance.			
Uses protective extension if balanced is disturbed.			
Sits with hips in flexion with a few degrees abduction and the knees extended or in some flexion.			
Sits with hips widely abducted, knees extended or flexed.			
Sits in W-sitting.			
Moves head to look to the left, right, up and down.			
Holds and manipulates small toys with both hands.			



 <p>Sits with wide hip abduction – knees extended</p>	 <p>Sits with wide hip abduction – knees flexed.</p>	 <p>Sits in W-sitting.</p>
 <p>Turns head to left and right</p>	 <p>Looks up – maintains balance.</p>	 <p>Turns to looks towards back to left and right</p>

Reaches for toys

When sitting on a firm, flat surface, the infant:	Yes	Not yet	Adapt
Reaches forwards to feet with trunk tilt - comes upright again.			Provide support at hip level.
Reaches forwards to toy on the support surface.			
Reaches forwards to toy presented at waist/shoulder height.			
Reaches to the side to toy on support surface, within easy reach.			Move toy closer
<p style="text-align: center;">Within easy reach R L</p>			
<p style="text-align: center;">Just beyond easy reach R L</p>			
Reaches to side to toy presented at waist/shoulder height			
<p style="text-align: center;">Within easy reach. R L</p> <p style="text-align: center;">Just beyond easy reach. R L</p>			
Maintains balance when shaking a toy vigorously.			
Maintains balance when reaching up high with both hands.			
Reaches backwards with one hand to retrieve a toy.			
<p style="text-align: center;">R L</p>			
Reaches across the body to toy.			
<p style="text-align: center;">R L</p>			

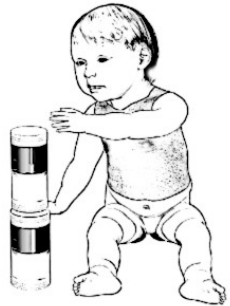
Reaches forwards

 <p>Reaches forwards to feet – tilts trunk.</p>	 <p>Reaches forwards to toy on floor. .</p>	 <p>Lifts arms and reaches forwards with both hands to take toy.</p>
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Reaches to the side – toy on floor

 <p>Reach for toy on floor within easy reach.</p>	 <p>Reach for toy on floor further than easy reach.</p>	 <p>Reach across for toy on floor.</p>
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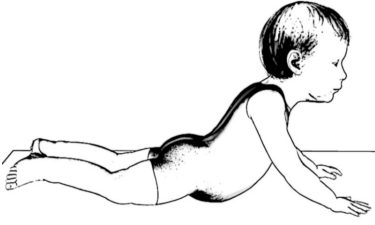
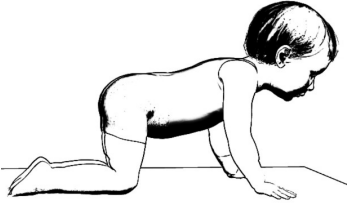
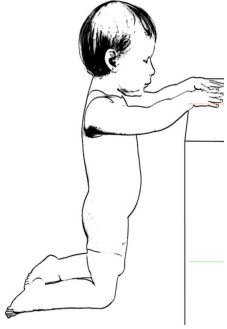
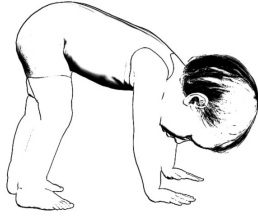
Reaches to side to toy at shoulder height and above

 <p>Reaches to toy presented at shoulder height, within easy reach.</p>	 <p>Reaches to side for toy at shoulder height</p>	 <p>Reaches across and up</p>
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Transitions and moving forwards in sitting

Starting from on a firm flat surface, the infant	Yes	Not yet	Adapt
Reaches across the body, twists the shoulders and transitions:			Raised surface on the side or in front.
into prone. L R			
onto all fours (prone kneeling). L R			
Reaches forwards, pivots over lower extremities			
into prone. L R			
onto all fours (prone kneeling). L R			

Moves forwards in sitting – scoots on buttock			
Symmetrical			
Asymmetrical – one LE in front of the other			
Transitions to upright kneeling			
Transition to bear standing.			

 <p>Rotation and reach across to initiate transitions.</p>	 <p>Initiates transitions by reaching forwards with both hands.</p>	 <p>Transitions to prone with arm support.</p>
 <p>Transitions to prone kneeling.</p>	 <p>Transition to upright kneeling with support.</p>	 <p>Transitions to bear standing</p>