**Positioning**

Preferably with legs flat down

In a ‘ring’ position (knees apart, feet together)

This could be -

- In the corner of the settee
- Between an adult’s legs
- In a horseshoe cushion
- In a high chair, maybe with some padding (towel/blanket)
- In a Bumbo or similar seat

**Support:**

At first support the whole body up to the armpits, then gradually reduce it to the waist, then around the hips.

When playing, children need to be well supported to develop good hand and arm movements.

When learning sitting balance they need less support so that they can develop their balance skills.

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**Play Movement Ideas**

**Supported sitting**

**Please check with your child’s physiotherapist before using these play movement ideas.**

**Play ideas**

Singing action rhymes - Row, row, row your boat, Twinkle Twinkle little star, Round and round the garden, This little piggy.

Look at books

Use bead runs

Cause and effect toys e.g. pop up toys, ball or car runs., musical drum

Try blowing bubbles

In the highchair try using malleable materials e.g. playdough, painting, colouring, drawing, ‘messy play’ (cornflour and water), dried peas and lentils.