Positioning
At first put something soft around the child, just in case they overbalance.

Developing skills - at first it is easiest to lean forwards without losing balance then gradually encourage the child to reach further to either side, then to reach a little behind them.

Suggested positions:
- ‘ring’ sitting - on the floor
- on a low seat, feet on the floor.
- Side sitting - both feet to the same side, slightly bent legs, possibly propping on one arm.
- ‘W’ sitting (knees together, feet behind, bottom between feet, but this is not a good position for a child with cerebral palsy)

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

Play Movement Ideas

Sitting

Play ideas
Sing rock a bye baby, patting the floor side to side or row, row, row your boat.

Sing Humpty Dumpty, gently lowering the child backwards.

Peek a boo with a scarf.

Rolling a ball or vehicle between adult and child.

Play with rattles and musical instruments.

Build a tower using bricks.

Encourage the child to lean and reach e.g. tap a drum, rainmaker drum, cause and effect toys e.g. ball towers, click clack car.

Northamptonshire County Council
PORTAGE