**Positioning**

Sitting on a low chair with feet on the floor, playing with toys on a table - move the toys just out of reach and encourage the child to reach forward to get them - they should begin to lift their bottom and take their weight through their feet.

Sitting on the floor by the furniture - encourage the child to crawl to the furniture to pull himself up. If they are not able to grip the furniture hold their hands (but don’t let them just pull, make sure they use their legs). (If they don’t grasp your finger - put your thumb in their palm and your fingers around their wrists) or give them gently help around their hips.

Sitting on the floor - encourage the child to lean forward, put both hands on the floor & straighten his legs. If they need help - put your hands around their hips, first ip them forward then help them up.

**Develop standing balance by:**

Placing the child with his back to the wall/furniture & their feet slightly forward - encourage him to reach forwards (e.g. to get toy/balloon) until their shoulders leave the wall & then lean back again.

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

**Play ideas**

Try placing the toys/activities on a child sized table e.g.

- playdough
- Colouring (crayons and paper)
- Bricks to build towers
- Puzzles
- Try putting a snack on the table

Try placing toys at the back of the sofa/chair e.g.

- Mirrors
- Soft toys/teddies
- ‘cause and effect’ toys - musical/light up drum
- Musical instruments

Encourage the child to reach using bubbles or balloons.