

1 Prone propping on hands



Aim

To improve the ability to prop through the hands and strengthen the neck, trunk and shoulder muscles.

Instructions

Position the child lying on their front on the floor while propping through their hands. Help and encourage the child to lift their head.

Motivating activities for this position.

Sleeping bunny song, mirrors, bubbles, hiding under a blanket to play peep bo.

Progressions and variations

Less advanced: 1. Position the child in prone while propping through the forearms. 2. Position the child in prone, propping through hands while lying on carer.

Precautions

Be aware that the child may fall forward onto their face.

2 Prone propping on forearms



Aim

To improve the ability to prop on forearms and to strengthen the neck, trunk and shoulder muscles.

Instructions

Position the child lying on their front while propping through their forearms. Help and encourage the child to lift their head.

Motivating activities for this position.

Mirrors, singing, bubbles playing peep po. Funny faces and noises to distract the child.

Progressions and variations

Less advanced: 1. Place a rolled-up towel or pillow under the child`s chest.

More advanced: 1. Encourage the child to prop through their hands.



3 Head turning in prone



Aim

To improve the ability to turn the head while lying on their front.

Instructions

Position the child in lying on their front, supporting their weight through their hands. Help and encourage the child to turn their head to follow a toy moved from side to side in front of them.

Motivating activities for this position.

Switch toys, push and go toys and bubbles and puppets to encourage the child to track a toy or look to each side.

Progressions and variations

Less advanced: 1. Position the child propping through their forearms.

Precautions -Keep the toy within arm's reach.

4 Propping on one forearm while reaching in prone



Aim

To improve the ability to reach while lying on the front and to strengthen the neck, back and shoulder muscles.

Instructions

Position the child lying on their front while propping on their forearms with a toy placed in front of them. Help and encourage the child to reach forward for the toy while propping on their opposite arm.

Motivating activities for this position.

Popping bubbles, knocking over brick towers or stacking cups. Pop up toys, balls, feeding puppets. Container play.

Progressions and variations

Less advanced: 1. Provide assistance.

5 Rolling from side lying to prone



Aim

To improve the ability to roll.

Instructions

Position the child lying on their side. Help and encourage the child to roll onto their front. If assistance is needed, assist the child by bending the uppermost leg and guiding the movement.

Motivating activities for this position.

Position the activity/toy to encourage them to reach and roll.

Sing 'there were 5 in the bed....'

Progressions and variations

Less Advanced: Provide more assistance.

More advanced: Roll from supine into prone.

6 Moving into sitting



Aim

To improve the ability to move into sitting.

Instructions

Position the child in side-sitting while weight-bearing through their forearm. Help and encourage the child to sit upright by pushing through their arm.

Progressions and variations

Less advanced: 1. Position the child weight-bearing through their hand. 2. Provide assistance.

More advanced: 1. Position the child in sidelying.

7 Sitting supported in a basket



Aim

To improve the ability to sit.

Instructions

Position the child sitting in a basket. Help and encourage the child to play with toys placed in front of them.

Progressions and variations

Less advanced: 1. Look at objects while sitting.

More advanced: 1. Practice sitting without the support of the basket. Use cushions behind for safety.

Precautions

1. Ensure that the basket is placed on the floor on a flat surface.
2. Ensure that the basket does not tip.
3. Ensure that the child has adequate head control for the exercise.
4. Provide adult supervision.

8 Long sitting



Aim

To stretch or maintain length in the muscles at the back and inside of the thigh.

Instructions

Position the child sitting with your back straight or supported and their legs outstretched. Position the child sitting between your legs with their legs apart and outstretched. Ensure that the child's knees are kept as extended as possible and their pelvis is not tilted backwards.

Motivating activities for this position.

Playing lotto games, puzzles, stories and favourite toys.

Progressions and variations

More advanced: 1. Remove the leg splints.

2. Reach forward in this position. Wedge to help tip the pelvis forwards.

Precautions

1. Impaired or absent sensation of stretch.

2. Ensure that the position is comfortable for the child and adult.

9 Pivoting in sitting



Aim

To improve the ability to pivot in sitting.

Instructions

Position the child in sitting. Place a toy behind and encourage the child to pivot to reach for pivoting in both directions.

Progressions and variations

Less advanced: 1. Provide assistance. Place closer.

More advanced.1 Place the objects further
2. Reach with both hands



the child. Help the toy. Practice

the objects

behind.

10 Reaching across the body while sitting



Aim

To improve the ability to sit.

Instructions

Position the child sitting on the floor. Place or hold objects to the side of the child. Help and encourage the child to reach across their body using the hand furthest away from the objects.

Progressions and variations

Less advanced: 1. Position the objects closer.

2. Provide assistance.

More advanced: 1. Position the objects further away.

2. Reach with both hands.

11 Reaching up while sitting on a block



Aim

To improve the ability to sit and reach.

Instructions

Position the child in sitting on a block with their feet flat on the floor. Place or hold an object in front of the child. Help and encourage the child to reach up for the object.

Motivational activities for this position

Popping bubbles, turning pages of a book, which is held in front.



is held in front.

Progressions and variations

Less advanced: 1. Position the object closer.

More advanced: 1. Position the object further away.

2. Use both hands.

3. Move the child forward on the block to provide less thigh support.

12 Standing up and sitting down.



Aim

To improve the ability to stand up or sit down.

Instructions

Position the child sitting on a block with their hands on a table in front of them. Help and encourage the child to stand up and sit down.

Progressions and variations

Position the child sitting on your lap while you kneel behind them. Instruct and encourage the child to stand up to and reach forward or place an object on the table. Provide assistance as required.

Position the child sitting on a block with their feet flat on the floor. Practice standing up and sitting down, encourage the child to lean forwards and not extend back.

13 Assisted crawling



Aim

To improve the ability to crawl.

Instructions

Position the child kneeling on all fours on the floor. Help and encourage the child to crawl forward. Provide assistance as required to move one knee forward and transfer weight from side to side.

Motivational activities for this position

Place a mirror in front or a favourite toy or person to crawl towards

Progressions and variations

Less advanced: Provide more assistance.

More advanced: Provide less assistance.

Precautions

1. Ensure that the position is comfortable for the child and adult.
2. Be aware that the child may overbalance forward if their arms do not hold their weight. Support under their chest to avoid falling forwards and bumping their face.

14 Play in kneeling



Aim

To improve the ability to maintain kneeling and increase core strength.

Instructions

Position the child in kneeling with objects placed in front of them. Help and encourage the child to reach up for and play with an object.

Progressions and variations

Less advanced: Provide more upper body support. More advanced: Position the toy to either side.

15 Half-kneel to stand at furniture



Aim

To improve your ability to move into standing.

Instructions

Position yourself in half-kneeling at a piece of furniture. Practice standing up by pushing through the foot that is in contact with the floor.

Progressions and variations

Less advanced: Provide assistance.

More advanced: Practice half-kneel to stand in open space.

Precautions

1. Provide adult supervision.

16 Reaching in four-point kneeling



Aim

To strengthen your shoulder, back and hip muscles.

Instructions

Position yourself kneeling on your hands and knees with some objects on the floor in front of you. Practice reaching for an object and moving it to another position while holding yourself up with your other arm.

Motivating activities in this position

Feeding puppets, knocking down towers, sorting coloured bean bags into buckets

Progressions and variations

Less advanced: 1. Perform four-point kneeling only.

2. Lift the unaffected arm off the floor without reaching for an object.

3. Reach a shorter distance.

4. Decrease the height of the table.

More advanced. 1. Increase the height of the table.

2. Reach further forwards.

17 Play in assisted standing



Aim

To improve the ability to stand.

Instructions

Position the child in standing with one hand resting on a support in front of them. Help and encourage the child to maintain a standing position by placing a suitable toy in front of them. Provide assistance by applying a gentle pressure through the buttocks and front of the thigh.

Motivating activities in this position

Sensory play, sand, rice, water, paint. Small world toys, cars, animals.

Progressions and variations

Less advanced: 1. Hold on with both hands for support. 2. Provide more assistance.

3. Place wrap-around splints around the knees.

More advanced: 1. Remove one or both hands from the support.

2. Provide less assistance.

18 Standing at furniture to play



Aim

To improve the ability to stand.

Instructions

Position the child in standing with a toy placed in front of them. Instruct and encourage the child to play while maintaining the standing position.

Progressions and variations

Less advanced: 1. Provide more assistance.

2. Use the chair in front for support.

3. Place wrap-around splints around the knees.

More advanced: Position the chair and toy so that the child does not lean on it for support.

19 Cruising along furniture



Aim

To improve the ability to cruise and move along furniture.

Instructions

Position the child in standing with their hands resting on a support placed in front of them. Place a toy at the end of the table. Instruct and encourage the child to step sideways towards the toy while keeping their hands on the table.

Progressions and variations

Less advanced: Provide assistance.

More advanced: Position the toy to encourage the child to cruise further around the furniture.

Precautions

1. Ensure the table or support used is suitable.
2. Provide adult supervision.

20 Standing supported with the back against the wall



Aim

To improve your ability to stand.

Instructions

Position the child in standing with their back against the wall. Practice maintaining a standing position.

Motivating activities for this position

Bubbles to pop, knocking down big towers of bricks, turning pages of a book.

Progressions and variations

Less advanced: 1. Place wrap-around splints on the legs. 2. Rest hands on the wall.

More advanced: 1. Practice standing without using the wall. 2. Practice reaching while supported by the wall.

Precautions

1. Provide adult supervision.

21 Squat to play



Aim

To improve the ability to play in squatting.

Instructions

Position the child in front of a toy that encourages squatting. Help and encourage the child to play with the toys while maintaining the squatting position.

Motivating activities for this position

Play cookers, container play, stacking rings

Progressions and variations

More advanced: Choose toys that require the child to move from squatting to standing.

22 Moving between squatting and standing



Aim

To improve the ability to stand up from the floor.

Instructions

Position the child in standing. Help and encourage the child to reach for the object, squat down and place it on the floor. Repeat the task.

Progressions and variations

Less advanced: 1. Place the object on a box.

2. Decrease the height that the child is required to reach.

23 Moving from bear-walk to standing



Aim

To improve the ability to move into standing.

Instructions

Position the child in a bear-walk position with their hands and feet on the floor and their bottom in the air. Help the child to stand up from the bear-walk position. Encourage the movement by holding a toy just above the height of the child's head.

Progressions and variations

Less advanced: 1. Provide assistance by holding the hips from behind. 2. Position the child with their hands on a step.