



Personal exercise program

Balance/ standing/ stepping (non mobile)

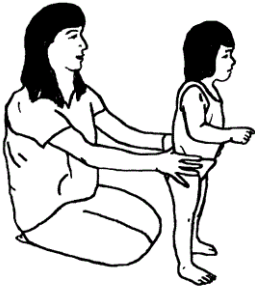
Frederick Holmes School

Frederick Holmes School

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Provided by
Provided for

Elizabeth Plummer

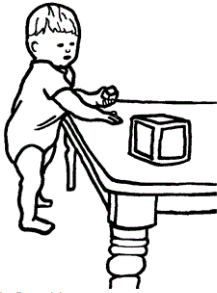


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STANDING ACTIVITIES

Support in standing

- Stand your child up by supporting them at their hips.
- Encourage them to take as much of their weight as possible and to balance themselves.
- Make sure the child is not holding onto furniture/objects for support. It may help to have one adult behind support and one adult in front using bubbles or toys to distract the child.
- As they become more confident gradually reduce your support until you are able to let go for short periods. Make sure to keep close should they start to lose their balance.
- See how many seconds they can stand for without any support. They can have short seated rests on your knee if required.

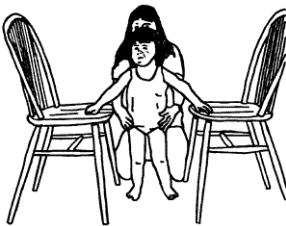


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STANDING ACTIVITIES

Standing against a table

- Encourage your child to stand up against a table.
- The table should be of a height to allow your child to take weight through their hands.
- Encourage them to play with toys here. They will start to lift one hand up at a time whilst playing and their balance should improve.

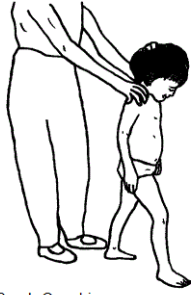


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STANDING ACTIVITIES

Standing between two chairs

- Stand your child between two chairs.
- Encourage them to play by moving toys from one chair to another.
- As their balance improves encourage the child to take a few small steps in between.
- They may start by holding onto the furniture with their hands to steady themselves as they step. As they become more confident they may keep hold of toys in their hands and start to take a couple of independent steps between the furniture.
- As they improve with stepping ability and confidence you can gradually increase the distance between the chairs a small bit at a time.
(Make sure the chairs are stable and provide close supervision for safety).



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WALKING

Encouraging walking, holding the shoulders

- Support your child at the shoulders or hands if required.
- Help your child to move their weight from one foot to the other and take steps across the room.
- Gradually reduce the support you provide until they start taking a few independent steps at a time. But make sure to keep close should the child start to lose their balance!

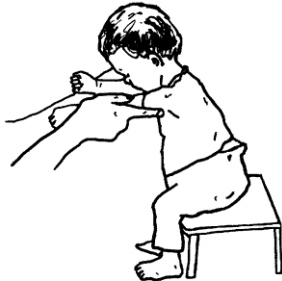


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1) MOVING FROM THE SITTING POSITION

Sitting up from a chair, holding the elbows.

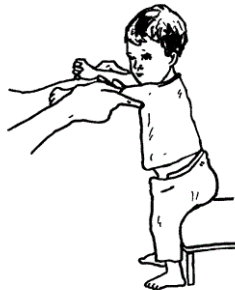
- Hold the arms as shown, turned so that the palms face each other.
- Another option is to support around the child's hips and encourage the child to come forward.



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2) MOVING FROM THE SITTING POSITION

- Bring the child's weight forward over their feet and ...



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3) MOVING FROM THE SITTING POSITION

... then help them to stand up.

Never pull the arms! Instead gently guide and encourage the child to come forward.

- Gradually reduce support provided to encourage the child to be as independent as possible.