

Supporting your child moving from a sitting position to a standing position

Aim: To move from a sitting position into a standing position. To increase standing balance and independence in a standing position.

Activity: Whilst in a kneeling position, assist the child to sit on your knee and provide support with your hands around their trunk. Make sure their feet are flat on the floor and they have appropriate footwear on so that they do not slip. Encourage them to push through their legs to straighten their knees and move into a standing position. You may need to assist the child to lean forwards slightly and to push up into standing by guiding them at their trunk with your hands.

Once stood, encourage the child to maintain this position for a few minutes at a time or as they are able to. You may need to continue to support the child around the trunk or hips to help them maintain their standing balance. As they progress, gradually reduce the amount of support given so that they are becoming more independent. When the child is ready to sit back down, carefully guide the child's hips backwards and encourage them to bend their knees so they can safely sit back onto your knee.

