



Supporting your child in a high kneeling position

Aim: To move from a kneeling position to a half kneeling position.

Activity: Encourage the child into a high kneeling position. You may need to assist them into this position. Support the child at the hips if required. You can encourage the child to play in this position using toys placed on a stable low table or chair.

Transfer the child's weight to one leg whilst moving the other leg forwards so it is bent up in front of them. The child's back and hips should remain level.

Encourage the child to maintain this position by doing activities at a stable low table or chair.