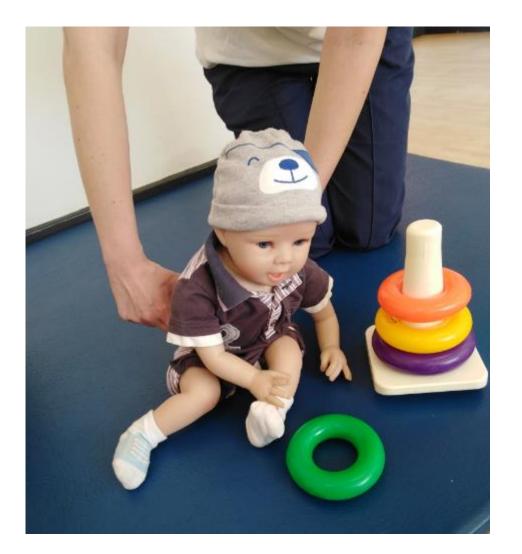
Children's Physiotherapy Team Contact Tel: 01482 458809 / 01482 336774 / 01377 208753





Supporting your child in a side sitting position

Aim: To encourage weight transfer from side to side and use of arms for support. To improve core stability.

Activity: Encourage the child to sit as shown in the photograph. Make sure they are taking weight through their arm and that the hand is flat on the floor.

Encourage them to reach and play with toys with the other hand.