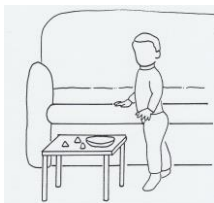


Cruising along furniture

Once your child can stand consistently encourage them to step along the sofa or small table whilst using their hands for support. Place objects of interest either side of the table/ sofa to entice them.



Stepping between furniture



Place a small stable table near the sofa with a toy or snack on to encourage your child to reach and step between the furniture. As your child gets better at stepping between furniture, make the gap a little bigger. This will encourage your child to balance more and eventually to try standing alone and taking their first independent steps.

Safety points

Give your baby lots of opportunities to move about and do not restrict their movements for long periods of time. As they become more mobile make sure the environment is safe and dangerous objects are out of reach.

Physiotherapists and other Health Professionals do NOT recommend the use of baby walkers. There are two main reasons for this:

- Safety – even under supervision there are high numbers of accidents reported every year including: falling down stairs, head injuries, burns, scalds, and trapped arms / legs.
- Delayed development – many studies have shown that baby walkers do not encourage development and often actually delay the achievement of standing and walking. They do not teach a child to walk. They can cause a child to walk on their toes, which may continue when they walk independently

Contact Details:

For further information and advice please visit our Website www.poole.nhs.uk/physio and find '[childrens physiotherapy](#)'

Produced by Acute Paediatric Physiotherapy:
Dec 2017

Information for parents and carers about....

Promoting Physical Development

Sitting to Walking



**Acute Paediatric Physiotherapy Department
Poole Hospital NHS Foundation Trust**



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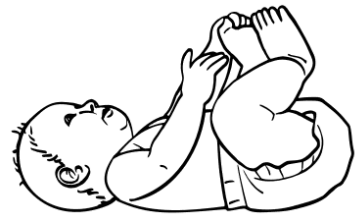


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All babies develop at different rates. The information in this leaflet is intended to provide some useful guidance on positions and activities that may help the development of posture and movement.



To prepare for standing and walking a baby needs to have good body awareness. This can start to be learnt from a very early age.

Help babies to reach for their feet when lying on the floor or in sitting, and encourage them to hold and play with their feet.

Desensitise feet by getting them used to a variety of different sensations and textures. Use light touch, massage, rubbing feet with a towel, and resting feet on carpet/ grass/ sand etc.

To encourage standing

Encourage baby to play in kneeling which helps to strengthen their muscles around the hips, bottom and core in preparation for standing.



Progress kneeling by helping to bring one leg forward to a half-kneel position. Support the infant's hips and gently help to guide their weight across towards the front leg. Allow them to push up on the front leg until they can straighten both legs, up to standing.

To help your child to take weight through their legs



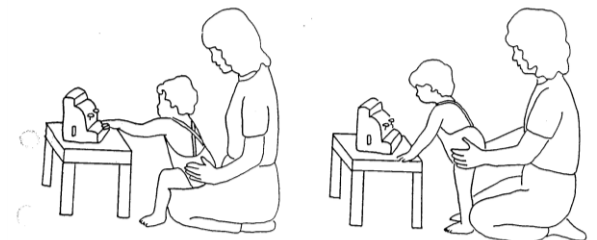
Sit on the floor with your legs crossed and sit your child on your lap with their knees bent so that their feet are flat on the floor.

Encourage your child to lean forwards to reach for toys or objects. Progress to reaching down to retrieve toys from the floor.

To help your child to pull to stand from your lap

Kneel or sit cross legged on the floor in front of a low sofa or table. Sit child on your lap with their hips and knees at 90 degrees and their feet flat on the floor.

Place an interesting toy on the surface and encourage your child to reach forwards for the object. Gently help to move their hips forwards and up, over their feet (supporting them around their hips with your hands) as they straighten their knees.



Bottom shufflers tend to try to stand with their bottom behind their feet so they need help to bring their hips forwards, with their weight over their feet.

Encourage them to lean their tummy against the table/surface. Gradually reduce the amount of support you give them. When your child learns to stand up independently you no longer need to support them around their hips. You can help your child learn to sit down by guiding their hips back and down onto your lap.