CARING FOR YOUR CHILD AT HOME

This guide explains how to position and support your child correctly to support their development and growth.

**Lying**
- Prevent sores and other problems.
- Improve sleep, ability to communicate & use of hands.

**Sitting**
- Improve mobility, digestion & breathing.
- Encourage communication & use of hands.

**Standing**
- Build bone density.
- Improve weight bearing and stretch tight muscles.

**Feeding**
- Improve swallowing, digestion, breathing and use of hands.

**Carrying**
- Improve ability to communicate.

**Prevent sores and other problems.**
- Improve sleep, ability to communicate & use of hands.

**Head in the middle**
- Spine is straight
- Use towels/blankets as support under a bed cover
- Support under & between knees, not feet
- Legs apart, not crossed
- Arms forward & supported
- When on the side, bend top leg so knee is level with hip
- Keep other leg straight
- Chin is level.

**Support in upright positions**
- Spine is straight
- Head faces forward
- Buttocks at back of seat
- Use lap strap to stop slipping down in wheelchair
- Hips and knees at right angles
- Shoulders level
- Arms in front of body.

**Encourage communication & use of hands.**

**Build bone density.**
- Improve weight bearing and stretch tight muscles.

**Improve ability to communicate.**
- Keep child upright to allow them to look around
- Hips and knees slightly bent
- Knees separated
- Arms free and in front so the child can move and play

**Sit against a supportive surface with back support**
- Keep your upper arm firmly against the top of child’s head, not behind neck
- Hold child’s buttocks firmly between your legs
- Support child’s knees with one leg and their back with other leg
- Bring child’s arms forward so shoulders come forward.