

CARING FOR YOUR CHILD AT HOME

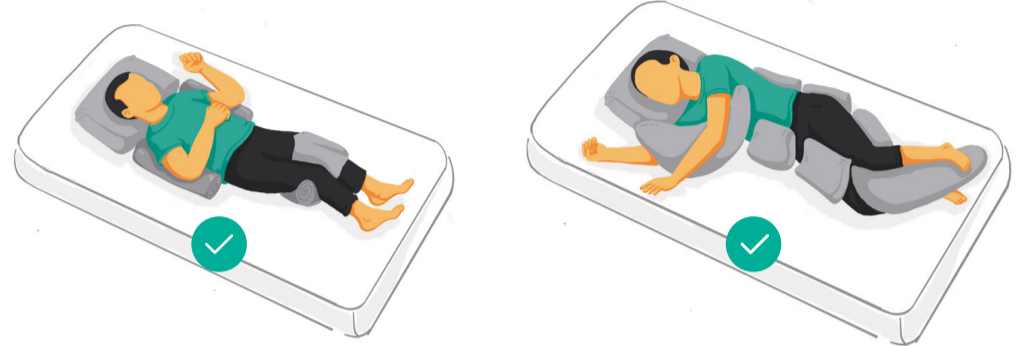
This guide explains how to position and support your child correctly to support their development and growth.

Lying

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

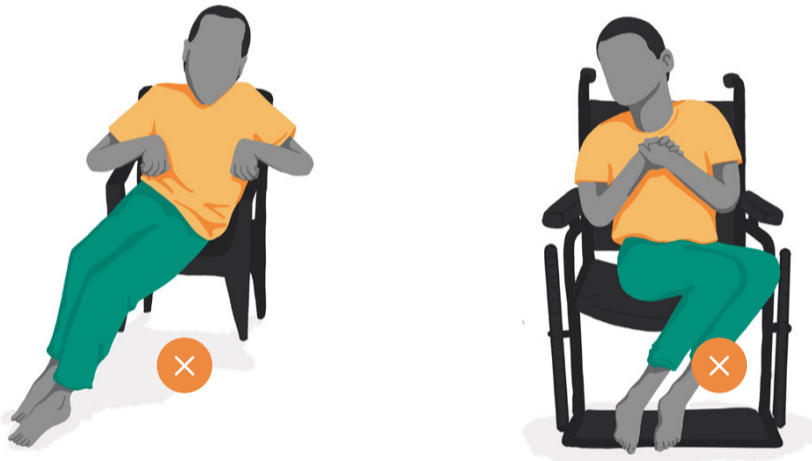


Head in the middle • Spine is straight • Use towels/blankets as support under a bed cover • Support under & between knees, not feet • Legs apart, not crossed • Arms forward & supported • When on the side, bend top leg so knee is level with hip • Keep other leg straight • Chin is level.

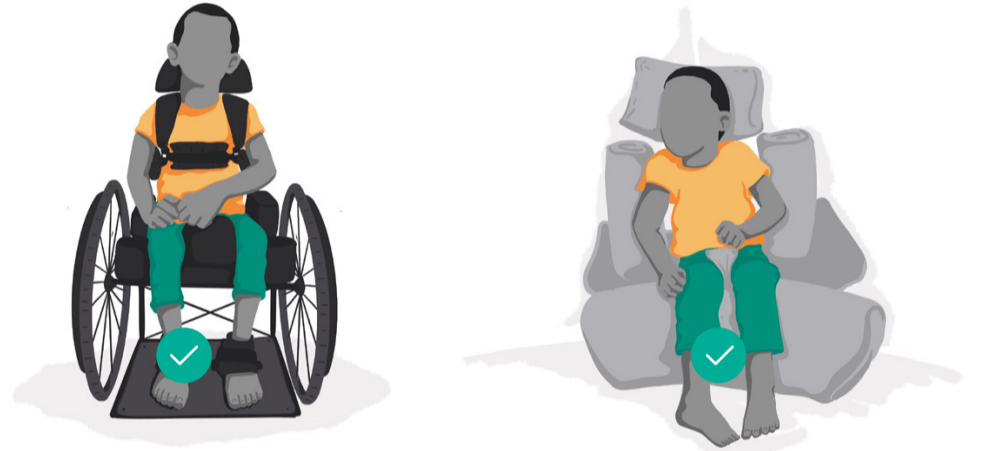


Sitting

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



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.



Standing

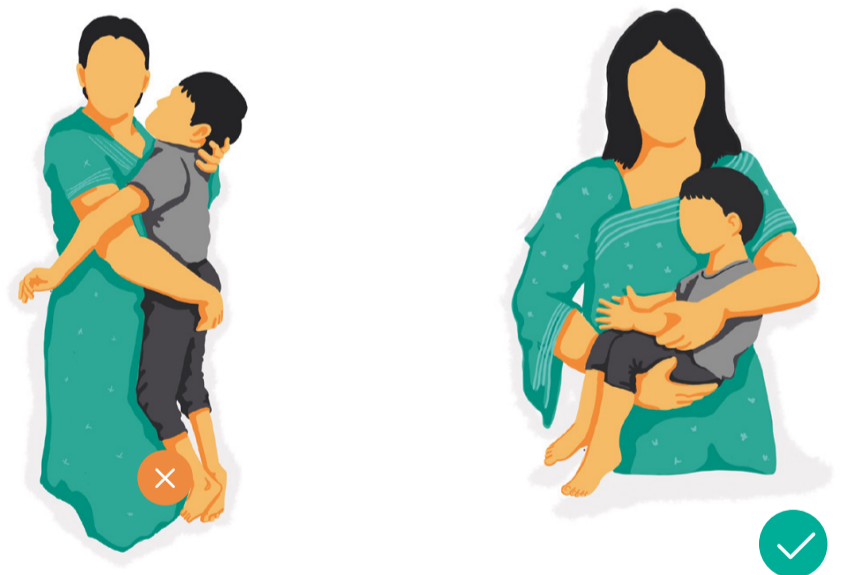
Build bone density.
Improve weight bearing and stretch tight muscles.



Head upright & forward • Spine is straight (support with frame if needed) • Hips face forward • Support placed below knee, not against it • Knees and feet slightly apart • Feet firmly on ground • Toes face forward

Carrying

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

Feeding

Improve swallowing, digestion, breathing and use of hands.

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.

