

# Supporting a child to stand and walk



When walking with a child that needs assistance, good planning beforehand is essential.

- 1) Make sure you have a wheeled stool for frequent walking practice.
- 2) Choose a posture that gives the child the support they need while keeping your own body strong and stable.
- 3) Choose a grip that provides the child with appropriate support and guidance:
  - grip their pelvis
  - thumb grip around their trunk
  - shoulder support or
  - use a walking belt

## Sitting



When sitting on low stools or chairs, keeping your knees wide apart helps you to keep your back in a good position when you lean forward.

## Standing

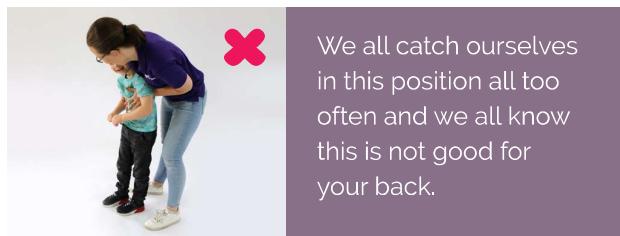


If the child is more stable, by holding around their shoulders you can keep yourself more upright

## Half-kneeling



If you are just helping a child with static standing, half-kneeling is a good posture.



We all catch ourselves in this position all too often and we all know this is not good for your back.

## Additional notes

**Disclaimer:** This information is of a general nature only and does not constitute advice. Novita makes no representations as to the accuracy, usefulness, suitability or application of the information to a child's or carer's particular circumstances. You should seek professional advice before acting or relying on the information.