

Supporting a child to stand and walk

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

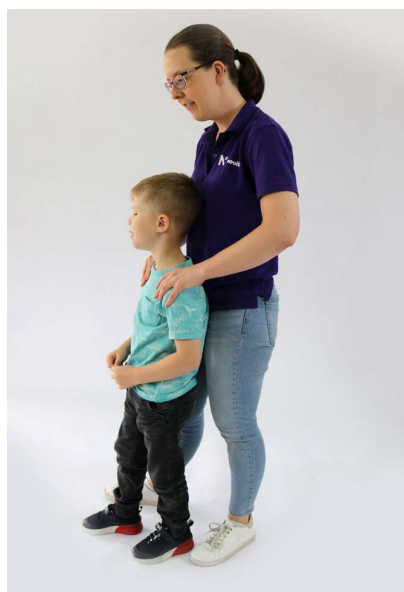
- 1) Make sure you have a wheeled stool for frequent walking practice.
- 2) Choose a posture that gives the child the support they need while keeping your own body strong and stable.
- 3) Choose a grip that provides the child with appropriate support and guidance:
 - grip their plevis
 - thumb grip around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