

SITTING SQUIRRELS

Home Exercise Program
Book #2



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INTRODUCTION

Welcome to the **SITTING SQUIRRELS** home exercise program! This booklet will help your child sit on their own. Sitting is an important milestone and requires your child to control their body over their base of support. This helps to increase their core strength and balance, which are both needed for good standing balance. Once they can sit, they can use their hands to explore and improve their fine finger skills.



(Harbourne, Giuliani & Neela, 1993; Ginsburg, 2006)

This booklet will provide easy to follow exercises and advice about equipment or actions that may affect your child's development. Try to add these exercises into play time as much as you can! The more practice the better!

If you have any questions or concerns, please speak to your physiotherapist.

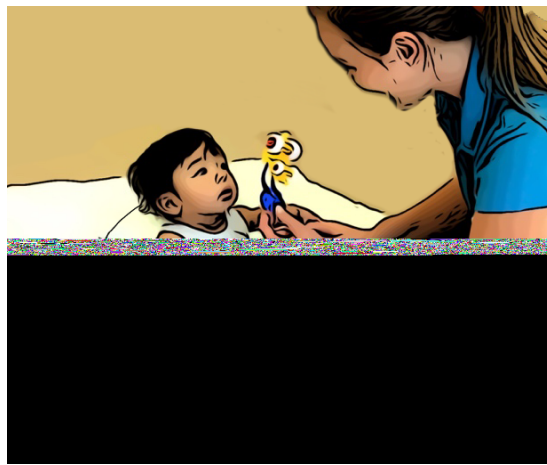
AIMS OF PHYSIOTHERAPY

- Help your child sit on their own
- Encourage your child to move from lying to sitting and sitting to lying
- Develop good balance in sitting, so they can play with toys

POSITIONING

Position your child for playtime by:

- Placing your child between your legs or facing you with pillows around them
- Place a towel or big toy in front of them so they can lean forwards on it



PRACTISING REACHING IN SITTING

Progress reaching in sitting by placing a toy further away as your child improves.



Progress your child's reaching by placing toys across their body. You can assist at your child's shoulder.



MOVING FROM LYING TO SITTING

Use a toy to help your child turn their head and body to roll onto their side. Provide assistance at the hip if needed.

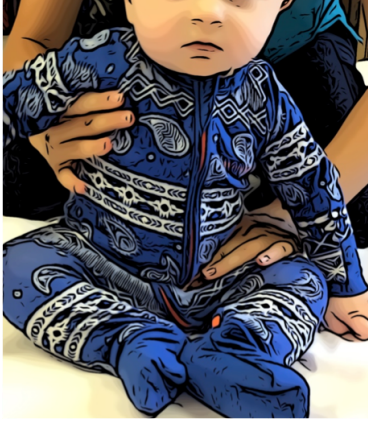


Now push down at the hip and aid behind their shoulder/ under armpit to help your child into sitting.



How to hold your child to help them

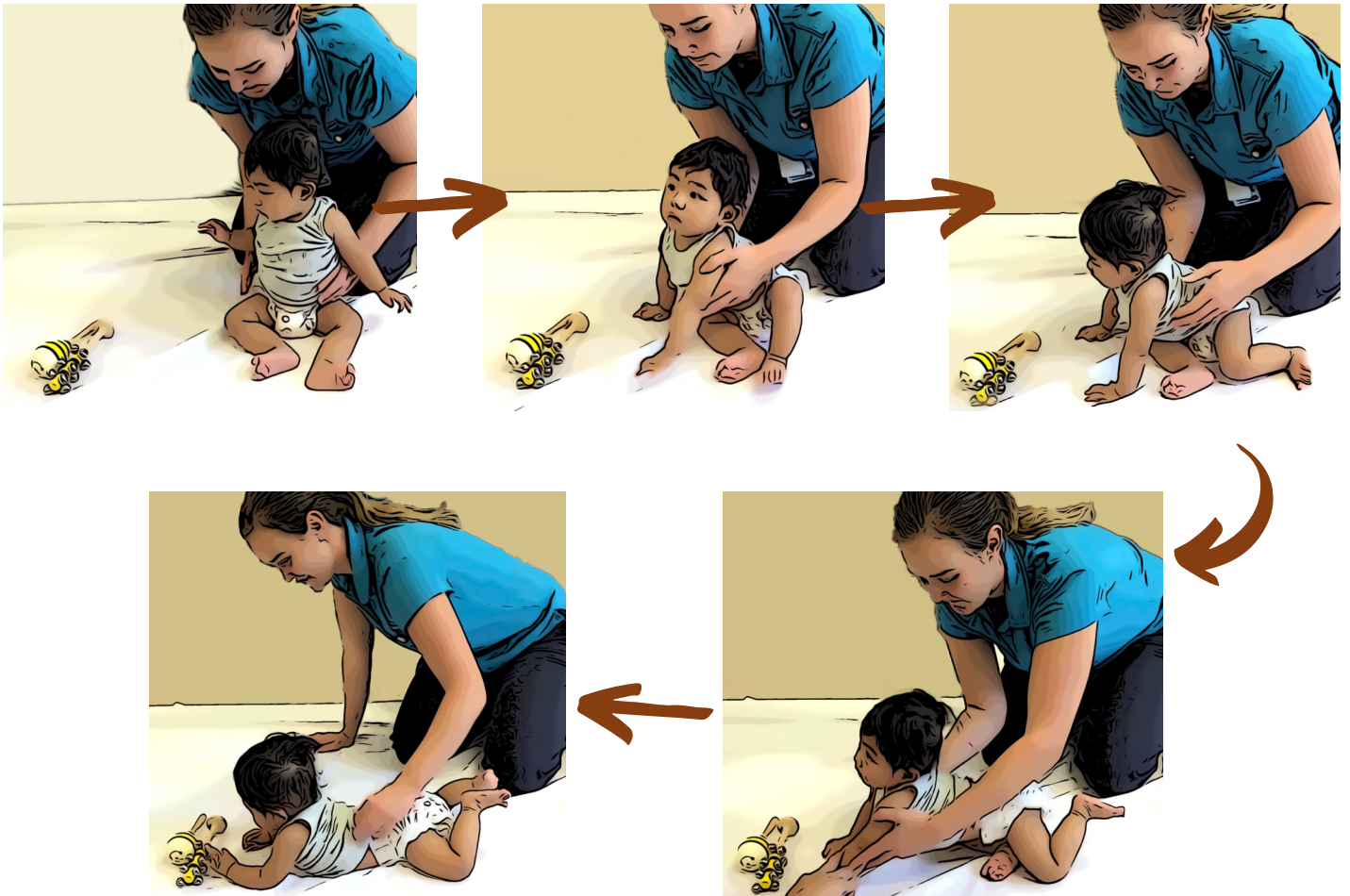
BEGINNER



ADVANCED



MOVING FROM SITTING TO LYING



WHY ARE BABY WALKERS DISCOURAGED?

IT MAY DISRUPT NORMAL DEVELOPMENT

- Children may develop a false sense of balance, and struggle to balance once the baby walker is removed
- Children may develop inappropriate movement patterns such as toe walking
- More time in a baby walker means less time practising skills!

(Australian Physiotherapy Australia)



IT CAN CAUSE SERIOUS INJURIES

It can help infants reach dangerous objects such as heaters, electrical connections, Infants can move to dangerous areas such as stairs and it can lead to injuries such as concussions, burns or fractures.

(Al-Nouri & Al-Isami, 2006; Sharov et al., 2018)



WE RECOMMEND USING A TROLLEY OR SIMILAR ALTERNATIVE (E.G. UPSIDE-DOWN WASHING BASKET)



Significant delay was found in rolling over, crawling, kneeling, sitting, standing and walking

(Talebian et al., 2008)

The delays of extended baby walkers use may last up to 15 months, as shown by lower cognitive scores.

(Garrett, McElroy & Saitnes, 2002)



Every day a baby spends in a baby walker will delay walking by 3.3. days

(Garrett, McElroy & Saitnes, 2002)

SWADDLING

- Swaddling should be snug around your child's arms but loose around their legs
- Swaddling too tightly around the legs can lead to problems with your child's hip development.
- For healthy hip development when swaddling, your child's legs should be able to bend up and out at the hips

(Van Sleuwen, Engelberts, Kuis, Schulpen & L'Hoir, 2007; Clark, 2013; Manaseki et al., 2010; Mahan & Kasser, 2008)



BUMBO SEATS

- Bumbo seats give the child a false sense of sitting balance and does not help increase their core strength
- It places the hip in the incorrect position, so the child has a slouched posture instead of an upright posture
- There have been cases of head injuries in children who have fallen out of Bumbo seats from an elevated level

(Beaudin, Maugans & Falcone, 2013; Jiang, Armendi & Smith, 2017)



THE T.I.C.K.S RULE FOR CARRIERS

- ✓ TIGHT
- ✓ IN VIEW AT ALL TIMES
- ✓ CLOSE ENOUGH TO KISS
- ✓ KEEP CHIN OFF THE CHEST
- ✓ SUPPORTED BACK

**IF YOU HAVE ANY QUESTIONS OR PROBLEMS, PLEASE PHONE THE
PHYSIOTHERAPY DEPARTMENT**



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