

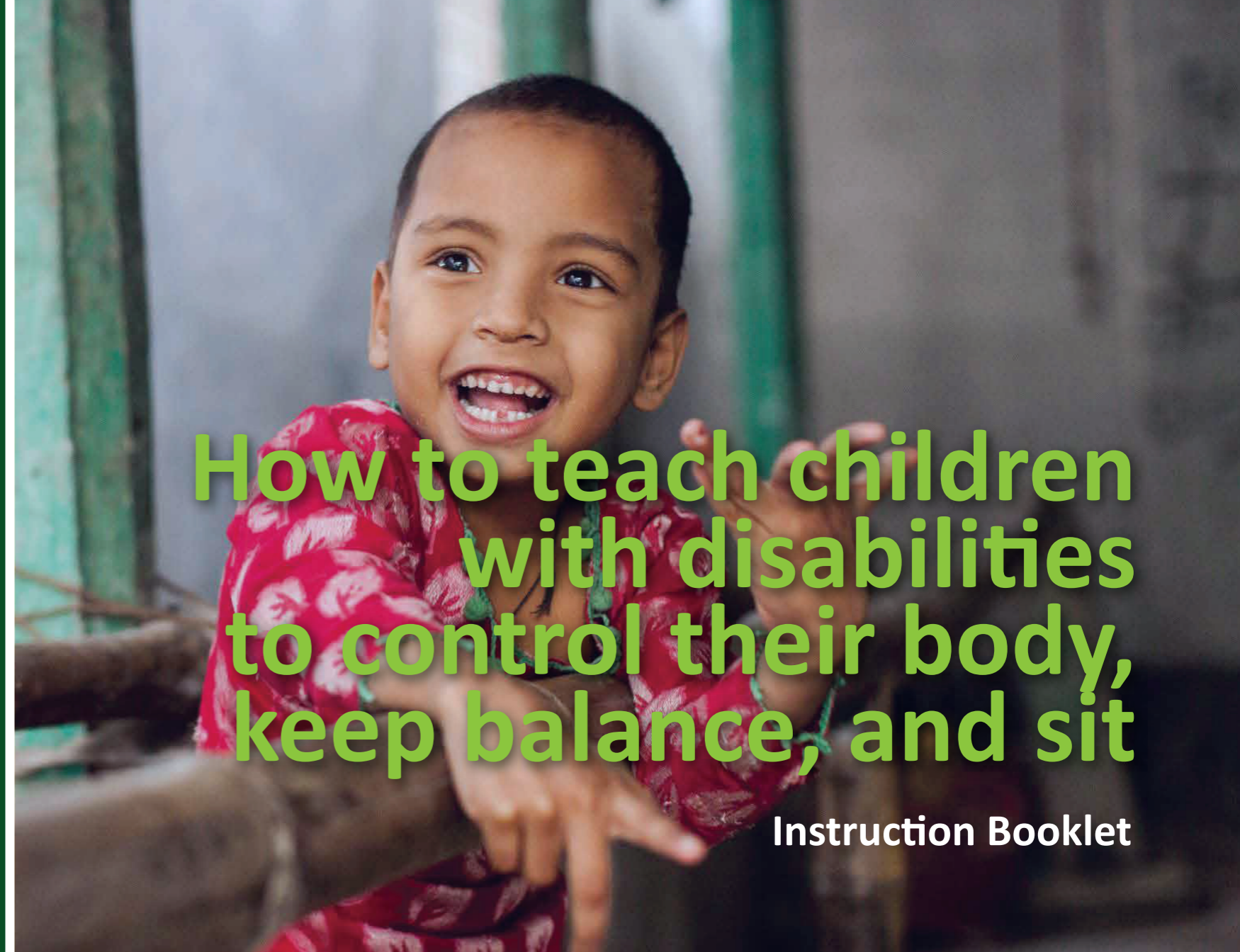
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How to teach children
with disabilities
to control their body,
keep balance, and sit

Instruction Booklet



Special thanks to



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How to use this book

In this booklet and accompanying video, you will find a lot of information about how you can facilitate children to control their bodies, keep balance and sit.

First, watch the video. Whenever you need relevant information, you can get this from this booklet. If you cannot understand any information from this booklet, watch the video again:
<https://youtu.be/fuii8f8q0Qc>

Important information

Try to practice the methods in this book from an early stage of childhood. If that is not possible, no matter how old the child is, use these methods to help her control his body, keep balance and sit.

**Please note that though we have used the pronouns 'she/her' in the book, the book is applicable for every child.*



TEACHING CHILDREN TO CONTROL THEIR BODIES, KEEP THEIR BALANCE & SIT



4. Before you teach children to sit, they must spend a lot of time on their tummy and learn to control their heads properly.



Please remember-Always inspire the child with toys. Talk to your child. Have fun. Praise attempts of the child.



After the child gains reasonable head control, she usually starts sitting through several stages:

- ❑ Sits, keeping balance with the support of her hands and arms
- ❑ Balances with the body, freeing hands to play
- ❑ Sits up alone from lying position

SITTING KEEPING BALANCE WITH THE HANDS



Lying on the tummy as much as possible can help the child to develop good support on her forearms. The child will also develop a stronger back, shoulders and arms, and she will develop **protective reactions** to catch herself in time when loosing balance.



Your child must develop an excellent **protective reaction** with both hands at the same time. Use a padded roll, hold up her hips and roll her gently over the roll so she can put her hands nicely on the ground. Roll her back and try to do it again and later a little quicker. This will strengthen her trunk, shoulders and arms.



Use the same method with a slightly inflated, soft ball and put your child into a position on hands and knees. Let her feel how easily she can get support from her arms.



You can push a little bit on her shoulders toward her hands. Let her walk on her stretched arms while playing, and have fun.



You can also stimulate the **protective reaction** when the child is on your lap in a position on hands and knees.



After the child learns to 'catch' herself when lying, position her to sit on a towel or soft surface, hold her above the hips, and gently push her from side to side so that she learns to catch and support herself with her arms.



BALANCING WITH THE BODY WHILE SITTING, FREEING HANDS FOR PLAYING



To help your child gain balance while sitting, you can use a partly inflated small ball. Move your hands to her hips, so that she depends less on your support. The feet have to be on the ground. Tilt her to **one side and the other**. The child has to hold her head up and look at the eye level.



You can do the same thing with the child sitting on a log or a padded roll. As she gains better balance over time, move your hands down to her hips and then thighs, so that she depends less on your support. Give her something to hold so that she learns to use her body and not her arms to keep her balance. Try to let your child twist her body while using her hands.



When sitting on the floor, help your child learn to keep her balance while using her hands to manage some toys and twisting her body. The position of her legs may vary at this time.

SITS UP ALONE FROM A LYING POSITION

When your child can sit by herself, you still have to help her to learn to sit up by herself from a lying position.



The easiest way to come to a sitting position is first to come to a position on hands and knees. To help her sit, push her bottom gently onto her heels and then gently to one side.



Now the child will be able to sit up alone from a lying position.



Remember, your attention, care and effort can give your child a better life.