



Positioning for Play: Sitting Up

Why is sitting up to play important?

When a young child is upright s/he is able to see her surroundings better, interact with people better and use a wider variety of toys. Because this is such an important position for young children to play in, talk with a therapist about using supports to help a child sit upright by him/herself. It will provide a way for a child to play independently and for family members to interact face-to-face; something that's hard to do with a child on your lap!



Issues to think about:

- ◆ Consider a variety of options: you may need more than one seating solution
- ◆ Will the seating support need to move with the child? Can it be lifted and put in the car/bus?
- ◆ Children play most often on the floor!
- ◆ Consider using a floor table or tray to hold toys.

Household Options:

- ◆ Can a highchair be adapted for independent sitting?
- ◆ Plastic basins or laundry baskets can act as secure corner sitters as they come in a variety of sizes.

Commercial Options:

- ◆ Use a Boppy to give some support; belting 2 together will create a throne-like “chair”.
- ◆ Look at booster chairs. These often come with hip belts and trays to help sit up and they can easily be used on the floor.
- ◆ Chairs that attach to the kitchen table keep a child close to the “action”.
- ◆ Bath seats often secure as well on linoleum floors as on tubs!
- ◆ Consider a bed tray for a floor table; it may be a good front support and be just the right height for toys!

Specialized Options:

- ◆ Adjustable wooden chairs and tables are available through a variety of vendors if a child needs more support. Ask a therapist.

Adaptations: These can be used with all options. Non-slip material or wedges keep bottoms back in a chair; rolled towels, stuffed animals or swim noodles placed on either side helps a child stay “up”.

Remember...

- ◆ If a child is working too hard to sit up s/he can't play...
- ◆ don't expect a child to sit for long in this new position- it's tiring at first!

Resources:

One Step Ahead Catalog

P.O. Box 517
Lake Bluff, IL 60044
(800) 274-8440

Sit-Tight, seat harness
Boppy (Camp Kazoo)

Right Start Catalog

Right Start Plaza
5334 Sterling Center Dr.
West Lake Village, CA 91361-4627
Phone (800)548-8531

Seat Supporter (surface with pommel)
Boppy (Camp Kazoo)
Splash Seat (Right Start)

Commercial Items:

Bean bag chair
Sassy Seat
Booster chairs
Tray, bench

Adaptation Materials:

Sitting

- ◆ towels rolled and secured with rubber bands to adjust positioning
- ◆ pillows to provide head or trunk control, lower extremity abduction
- ◆ car seat head positioner for head and trunk control
- ◆ stuffed animals for hip abduction
- ◆ bean bags, tires snow tubes for supported sitting or semi-reclined position
- ◆ non-slip material (Rubbermaid)
- ◆ belts: used as straps
- ◆ phone books turned back to appropriate depth/incline for wedge. Cover with contact paper

Tables

- ◆ large coffee cans to elevate toys off the floor
- ◆ cardboard boxes to use as a floor table or tray