



Down Syndrome Association
OF NORTHWEST INDIANA & CHICAGOLAND



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Special Thanks to:

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<http://dsaofnwi.org/>

Working on: Sitting

In partnership with:



Activity 1: Sitting with Upper/Mid Trunk Support



- Face child away from you in sitting with child's pelvis against your leg to keep their back straight
- Upper Trunk Support:
 - Support child's shoulders; provide gentle upward lift if they begin to sink down
- Middle Trunk Support:
 - Support child under their arms
 - Place pillow on either side to have them weight shift through their arms

Activity 3: Sitting with Hand Hold Support



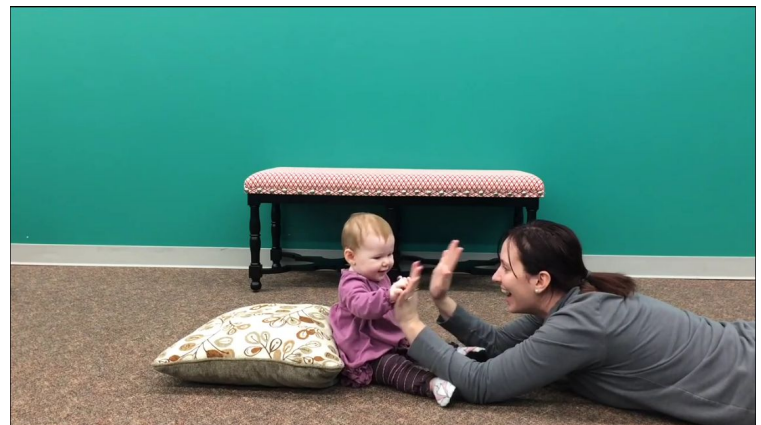
- Sit or lie in front of your child
- Provide support by holding their upper arms and elbows
- Clap child's hands together, talk to them, encourage them to look at you!
- Ensure that child sits with back straight
 - If they start to round their back, provide a gentle upward lift to maintain sitting up straight

Activity 2: Sitting with Lower Trunk Support



- Place child in sitting
- Place one hand across child's navel, other across bottom
- Ensure that your child sits straight instead of rounding their back
- Rock child from side to side so they can place weight through their arms

Activity 4: Sitting with Low Back Support



- Place child in sitting on the floor
- Place couch cushion against child's bottom
- See if child can maintain this position
 - If not, provide support at hips and occasionally remove this support
- Play at eye-level and provide encouragement
- Progress to sitting with no support!
 - Begin by playing at eye-level and playing in midline so child does not lose balance

