

Standing

Activities for at home in your standing device

Standing is hugely beneficial for many of the body's systems: from increasing bone mineral density and improving breathing, to aiding digestion, offering pressure relief or simply providing a change of position or a stretch there are numerous reasons to stand. While we know a standing frame should be used for up to 1 hour per day 5 days per week, it is likely your child simply doesn't know or care about these benefits however important they may be!

This worksheet aims to give some hints and tips on making standing time active and fun.

For more information contact clinical@leckey.com



Active versus Passive Standing

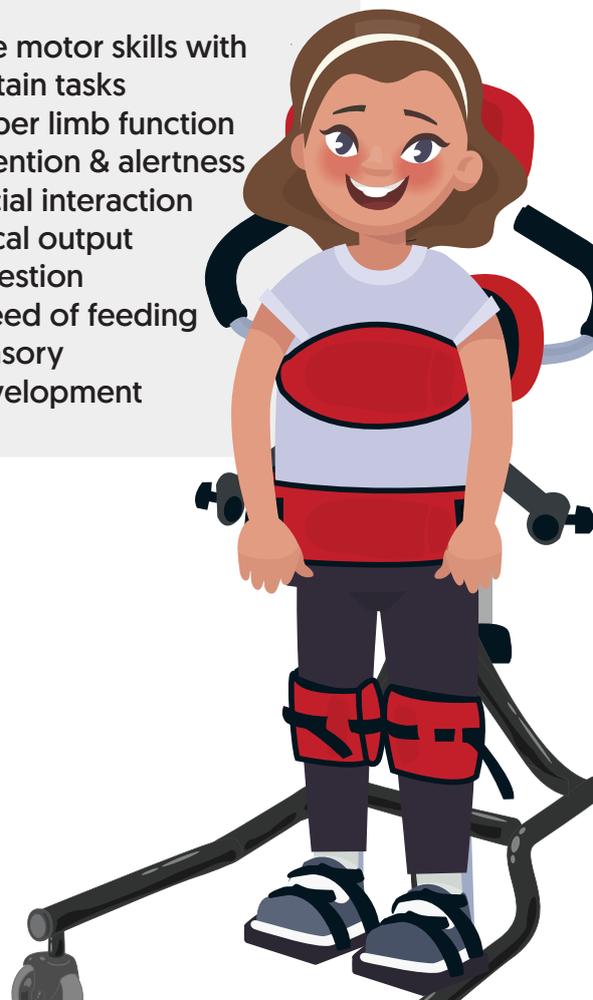
Passive standing simply refers to using a standing frame to be upright for gains to body structure like hip joint development. This can make standing time difficult to tolerate, restrictive and simply quite boring. Active standing encourages a child-centered approach to standing time by making it meaningful and enjoyable which can aid many areas of development, **simply put, fun standing = improved outcomes.**

Stander set-up

Learning to be upright can be tough. Gravity works against the head and trunk making it difficult to maintain an upright position particularly for those with reduced strength or muscle control. Some standing frames can tilt backwards (supine) or forwards (prone) and can be adjusted depending on the needs of the child. Generally speaking supine standers are easier for hoisting and suit more involved needs while prone standers suit standing transfers and facilitate more active head and trunk control. Your child's therapist will have chosen a frame which can be configured to suit the needs and goals of your child.

Did you know that standing has been shown to increase my...

- Fine motor skills with certain tasks
- Upper limb function
- Attention & alertness
- Social interaction
- Vocal output
- Digestion
- Speed of feeding
- Sensory development



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Gross motor games:



Work on head control by positioning objects/sounds outside of the field of vision



Reach out for objects like bubbles. Encourage your child to use both hands and cross their midline.



Learn to throw and catch. Soft spongy items can be easier to catch.

Fine motor activities:



From arts and crafts to even homework, correct standing support can stabilise the shoulder and upper limb to help pencil skills.

Sensory games:



Standing opens up a whole new world of sensory experiences for some children. See how you can introduce new experiences like

Singing



Standing improves your deep breathing ability, helping you shout and sing louder and longer

Social Games :



Role-play activities with siblings like playing shopkeeper. Practice naming and counting.

Remember, standing time needs to be fun. If I spend 1 dedicated hour each day in my standing frame, 5 days per week, that's at least 5 hours of home therapy a week!

