

## Lie to Sit Transfer

Plan the move and prepare the environment.

### ***Starting position***

- Half kneeling position, adjacent to child.
- Maintain the natural curves of your spine.
- Keep as close to child as possible!



### ***Roll to Side Lying***

Assist the child to roll away from you on to their side by assisting at their shoulders or pelvis.



### ***Side Lying to sitting***

Assist the child to sit up by encouraging child to flex forwards and push down through their arm.



*Disclaimer: This information is of a general nature only and does not constitute advice. Novita Children's Services makes no representations as to the accuracy, usefulness, suitability or application of the information to a child's or carer's particular circumstances. You should seek professional advice before acting or relying on the information.*