

When walking with a child that needs assistance, good planning beforehand is essential. Make sure you have a wheeled stool for frequent walking practice. Choose a posture that gives the child the support they need while keeping your own body strong and stable. Choose a grip that provides the child with appropriate support and guidance:

- Grip their pelvis
- Thumb grip around their trunk
- Shoulder support
- Use a walking belt



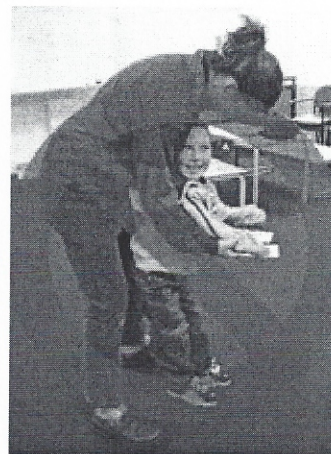
When sitting on low stools or chairs, keeping your knees wide apart helps you to keep your back in a good position when you lean forward.



If the child is more stable, by holding around their shoulders you can keep yourself more upright.



If you are just helping a child with static standing, half-kneeling is a good posture. However it makes moving with a walking child difficult.



We all catch ourselves in this position all too often, and we all know how sore your back can be afterwards.

*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.*