

GROSS MOTOR SKILL DEVELOPMENT FOR CHILDREN WITH DEVELOPMENTAL DELAY

PULLING TO STAND

General information:

- ✚ Pulling to stand is a stepping stone to learning to walk.
- ✚ Most children learn to first pull onto their knees before pulling up to standing at furniture.
- ✚ Physiotherapists DO NOT recommend sit in baby walkers or bouncers for any child. They can even delay and impair development.

Just to note

- ✚ If your child is struggling to pull up at the sofa, try using different surfaces for them to pull up on.
- ✚ Foot stools, coffee tables or even toy boxes are firmer than your sofa so your child may find it easier to pull to stand at these surfaces.
- ✚ Placing toys and objects of interest onto the different surfaces will encourage your child to pull up to reach them.



Kneeling at furniture

Starting position:

- ✚ Help your child to sit on their bottom, side on to the support/surface.
- ✚ Encourage them to move into side sitting, and ensure toys or objects of interest are in sight and on top of furniture.
- ✚ Place your child's hands onto the furniture and, while supporting them at their hips, guide them across onto their knees.
- ✚ Gradually reduce the support you give your child until they are able to kneel without fully leaning on the surface but just holding on with their hands.

Play ideas:

- ✚ Cause and effect toys - Toys with light and/or sound.
- ✚ A mirror or books.

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Kneeling to sitting

- Guide your child back down into sitting, reversing the actions you have just completed to get back to side sitting.
- Help your child move their legs (if needed) from side sitting into long sitting (legs in front).
- Remember to practice this on both sides.



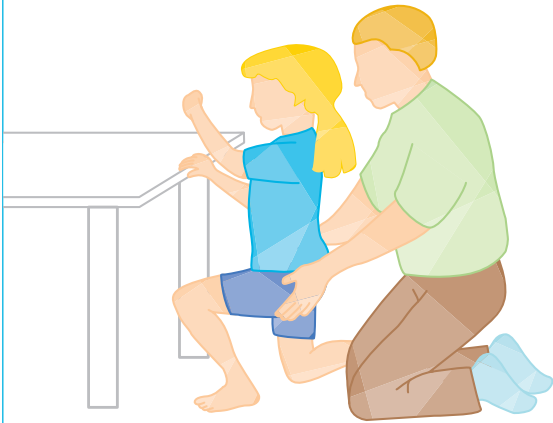
Half kneeling

Starting position:

- Once your child is able to kneel without leaning on their tummy, guide your child's foot so that it is flat on the floor with one knee forwards.
- Gradually reduce the support you give your child in this position. Remember to practice both sides.
- Once your child is able to get into this position themselves, encourage turning and reaching to both sides.

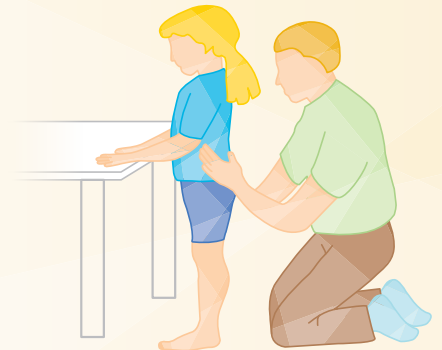
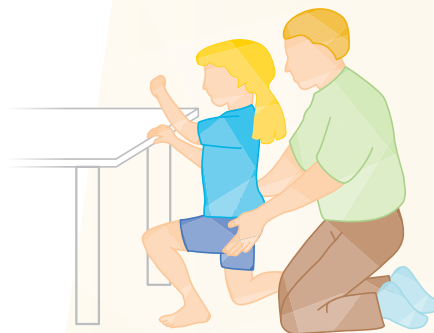
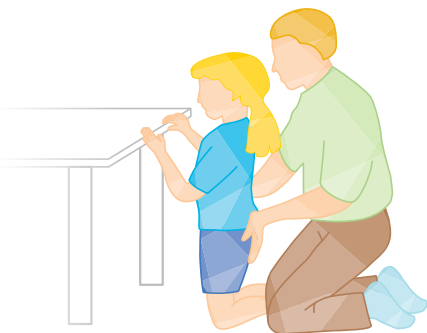
Play ideas:

- Reaching for toys.
- Posting/shape sorting toys.



Pulling from half kneeling to standing

Many children start to stand by pulling themselves up through their arms. Pulling to stand through half kneeling is a more advanced skill and requires your child to shift their weight to one side to allow movement of the other leg.



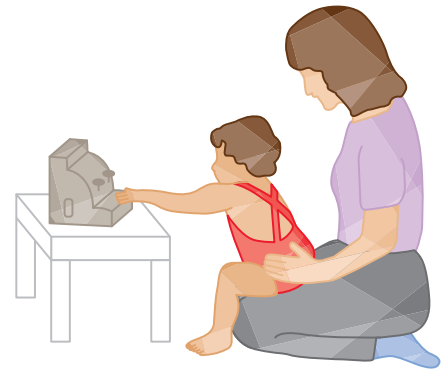
Starting position:

Supporting your child at the hips while they are kneeling at furniture, guide their weight over to one side and help them bring the other leg forward so the foot is flat on the floor. Then carefully guide them back to the other side while gently lifting at their hips, guiding them into a standing position.

Pulling to Stand

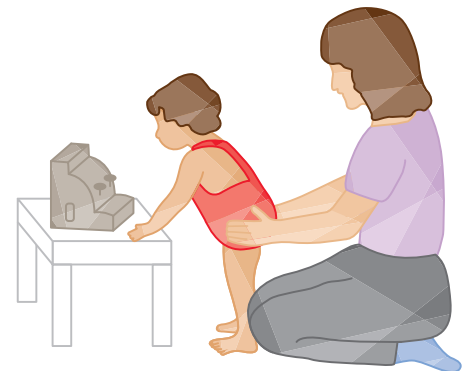
Starting position:

- Start with your child sitting on your knees or on an upturned box or step. Ensure that there is an appropriate surface in front with a toy just out of reach.
- Gently guide your child's hips forwards and upwards into a standing position.



Play ideas:

- Posting games, or placing items in/out of box.
- Nursery Rhymes e.g. The Grand Old Duke of York.



Standing

Starting position:

- Place toys that motivate your child on furniture around the room.
- Initially your child will lean on the furniture with their tummy and their feet will be wide apart; their feet may also be pointing outwards or appear to be rolling in at this stage.
- Encourage reaching for toys in different directions – place the toys only just out of reach so the task is achievable.
- As your child's balance improves, they will progress to holding on with just their hand rather than leaning with their tummy. Their feet will also start move nearer each other so their base of support becomes smaller.

Play ideas:

- Toys placed at standing height.
- Cause and effect toys.
- Bubbles.

