

Firefly by Leckey Webinar Series

Things you need to know about Playpak

Part 3: Moving on - Kneeling and Crawling positions

4th May 2016

Panellist: Nick Mant, PT Flying Start Children's Therapy

Moderator: Clare Greer



Aims of today's webinar:

1. To understand how the Playpak can assist with more challenging positions of 4-point kneeling and sitting.
2. Understand that children develop in different ways, but we can still work on the positions in Webinar 1 and 2 to create the best building blocks to succeed with these more difficult positions.
3. To answer as many questions as possible – we'll do this at the end of each section!



Firefly by Leckey Webinar Series

3.1 Kneeling and 4-point kneeling



4-point kneeling: Why is it important?

- This position develops power in the shoulders and hips which will be used when crawling.
- Encourages independent movement and weight transfer through arms and legs – leading to activities such as crawling.
- Encourages mid-line play, if the child is supported correctly using the Playpak.
- Children need to transition through this position to stand.



4-point kneeling: Common difficulties

- 4 point kneeling requires weight bearing through all 4 limbs. This position requires a good level of balance for the child to release one arm and then the other.
- If your child has not enjoyed tummy time this position can be difficult. Persevere!! This position develops head control and arm stability which can improve fine motor tasks in later years.

*Strike a balance between
challenge and ability!*

- Children with low tone may require help to gain head control and hold up their trunk. Children with high tone may extend away from the support or bend into it.

4-point kneeling: Solutions

Supporting the trunk with the rolls and horseshoe prevents the legs from extending or falling out of position. The child has more of a chance to push up with their hands and gain more head control. Try to encourage the child to lift their head.



4-point kneeling: Aims

- Equal weight through arms and knees.
- Form and maintain symmetrical positions with the child's back being straight or slightly curved.
- The shoulders should be gaining stability so that the child can play and eventually crawl independently if possible.
- The child's head control will improve, allowing it to lift and turn both ways.



Firefly by Leckey Webinar Series

4-point kneeling Questions?

Firefly by Leckey Webinar Series

3.1-Tall (High) Kneeling



3.1-Tall (High) Kneeling

- High kneeling allows the child to take more weight through their pelvis and push up from being sat on their feet.
- This movement uses muscles the child started to develop when lifting out legs away from the floor in back lying.
- High kneeling is an important transition between crawling and standing.
- Again check with your therapist before completing this task if you are unsure of positioning.



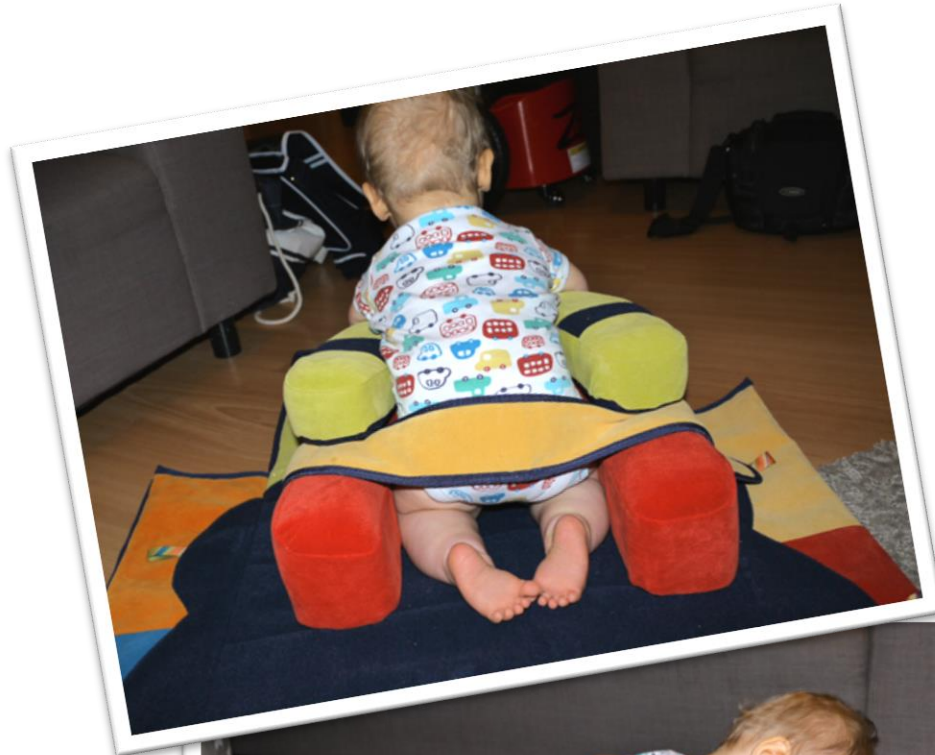
Tall (High) Kneeling: Common difficulties

- Support needs to be provided to prevent W sitting (knees bent in front and feet by the side of their bottom) as this leads to bad hip development.
- This can be resolved by pushing your child's knees and feet together, so they sit on top of their legs as opposed to the side. Use Playpak to provide support to the side of their legs, and maintain weight through their knees as shown in the photo on the right.



Tall (High) Kneeling: Examples

- Using both horseshoes the body is given enough support for the child to lean over. The strap can hold the bottom slightly, however don't let the strap restrict the child from pushing up onto their knees.
- Toys can be placed in front of the child which will encourage more of a 4-point position. The trunk is supported and there should be no arching of the back.



Tall (High) Kneeling: Examples

- A small roll can be used to help keep the child's bottom off their feet. This will encourage a more upright kneeling position.
- Try to encourage the child to actively push themselves up onto their knees lifting their trunk away from the support.



Tall (High) Kneeling: Aim

- Initially your child will rest their feet on their bottom. We want to encourage them to actively push up onto their knees and hold their trunk upright.
- You can play with toys (balls and blocks) to encourage them to put weight through their arms whilst stacking objects.
- Kneeling can help develop skills missed in earlier positions if your child did not like tummy time or crawling positions.



4-point/Tall (High) Kneeling: Have you considered...

How can a child try and crawl if they have never had the experience of kneeling or transferring weight between hands?

How can they transition effectively to stand without going through high kneeling?



How can they can push to stand if they can't push up from their bottom?



Firefly by Leckey Webinar Series

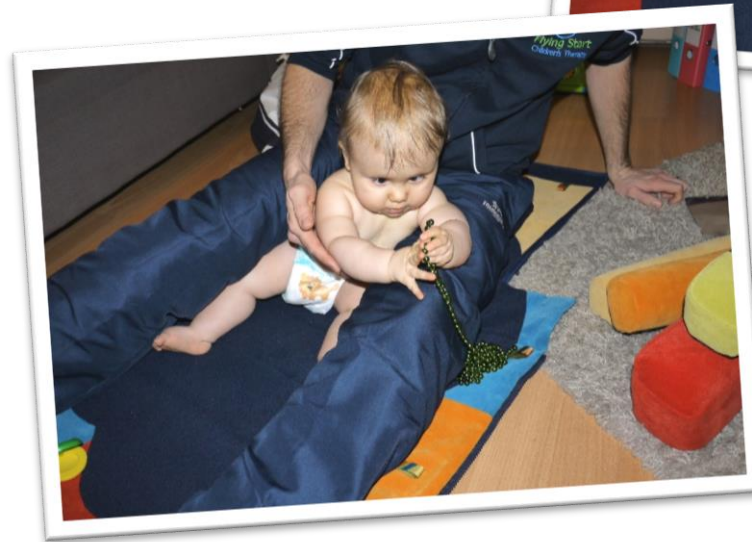
3.2 Sitting to 4-point kneeling

Sitting to 4-point kneeling: Possible difficulties

- Children need to repeat movements many times before they are learnt.
- Children with movement difficulties struggle to do this and can develop abnormal movement patterns in order to achieve different postures.
- This can be prevented by teaching and repeating normal movement patterns.
- A child needs to move their arms, shoulders, legs and feet independently of each other.
- This is a hard movement to master but if we learn the static positions, whilst improving with the transitional postures such as side sitting and side lying then half the battle is won.

Sitting to 4-point kneeling: Solutions

- Start with the child sitting in between your legs.
- Get the child to focus on a particular side and get him/her to reach to that side turning their body and shoulders.

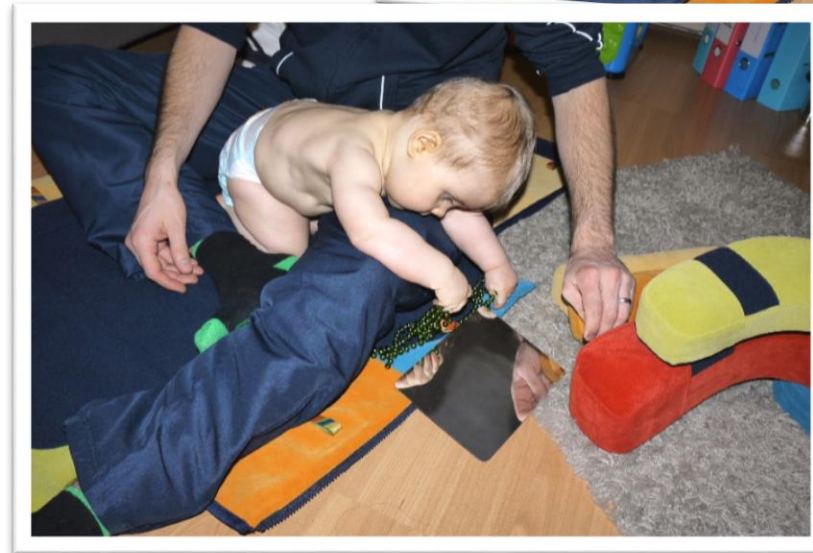


Use toys to
stimulate the
child and make
it fun

Sitting to 4-point kneeling: Solutions

You can then progress by helping them to move their legs into a side seating position, which will help the body to turn, and reach both arms towards the desired toy.

When both arms reach over the trunk, pelvis will generally follow. If not, give a little more help to move the legs. You can then fold up your leg to act as a horse shoe to support the child in a 4-point position.



Sitting to 4-point kneeling: Have you considered...

How much easier is it to learn this transition if we have practiced previous positions such as side sitting?

How much easier will it be to play with toys if we have built up the strength in our arms to lift them?

How much harder is it to maintain a sitting position if we don't naturally place our hands in front to prop?

Firefly by Leckey Webinar Series

Sitting to 4-point kneeling Questions?

Complex positions

Using Playpak, we have practiced the more complex positions which will develop the muscles required to crawl and then stand, whilst continuing to practice the easier positions.

"I will work on as many of these skills as possible with all children, even if I know they will not reach certain milestones, to ensure the best possible building blocks are in place for them to succeed at more challenging postures and abilities."



Resources

- www.fireflyfriends.com/playpak
- Playpak [Videos](#)
- Playpak [Fact Sheets](#) – The importance of early development through play, how to pack and unpack Playpak, activity suggestions etc.
- Playpak [FAQs](#)
- Nick's [Blog Posts](#)
- [Things you need to know about Playpak: Part 1: Starting strong in three essential positions.](#)
- [Part 2: Sitting pretty – transitioning from the early positions.](#)
- [Part 3: Moving on – kneeling and crawling positions](#)



Firefly by Leckey Webinar Series

Final Questions?



Nick Mant

Physiotherapist

[Flying Start Children's Therapy](https://www.flyingstarttherapy.co.uk)

nick@flyingstarttherapy.co.uk



Clare Greer

Channel Marketing Manager

clare.greer@firefly.friends.com