



**Playpak Factsheet #05:
Playpak Therapy Guide -
Active Floor Sitting**

All of the activities outlined in this Factsheet are also available to follow by using our animated and narrated online guide. Watch it at www.fireflyfriends.com/playpak

Active Floor Sitting - Why?

Sitting is considered a vital part of the developmental sequence because of the other skills which are based upon its foundation.



Cognitive goals

Sitting up helps children to realise that their environment is three dimensional. It's also a more social posture – the majority of us communicate with each other from an upright posture, whether sitting or standing.

Communication goals

The social posture of sitting is an excellent position for focusing on introducing new words and phrases, especially describing words and action words. If your child's floor sitting skills are still developing, remember that you may have to provide more support if the goal is learning new words.



Physical goals

The main physical purposes of sitting are to stabilise the trunk and pelvis, allowing the arms and hands to be free. In turn this allows handling of objects, exploration, increased learning opportunities and interaction with family and their surrounding environment. Children can be encouraged to reach, grasp and release toys, bang blocks together in midline, and throw things!

Sensory goals

With head control developing well, and when securely supported in a sitting posture, a child's hands are free to explore a much greater range of textures, shapes, and sizes.



Active Floor Sitting Activity Suggestions

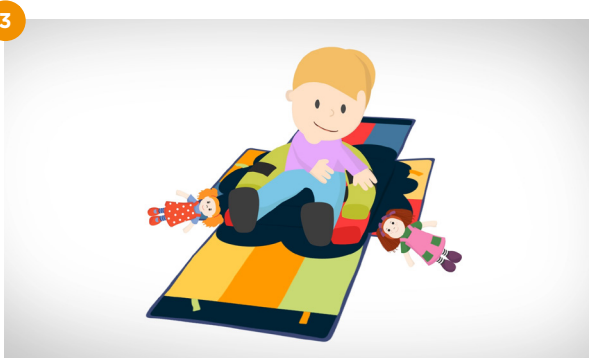


Encourage your child to reach for toys while sitting. At first, place toys within easy reach and encourage grasping, moving from hand to hand, banging together, and throwing.



Encourage your child to reach for toys while sitting. Make this play more difficult by placing objects a little way in front of baby, so she has to reach further forward to get them.

Ask your child to reach for a different toy each time from a choice of 2 or 3, (for example, "where's the ball?"). Change the tone and emphasis of your own voice to link to the movements and to help your child to focus on the key words.



While sitting place toys to either side, encouraging reaching out to the side. All of these movements help to develop neck and trunk muscles, eye-hand co-ordination and weight shift.

To help your child learn new words, remember to bring any toys you use into her line of vision before you name them.



Hold a brightly coloured object 12-15" in front of your child's face. Move slowly in a semi-circle. She will learn to turn her head in sitting, using her hip and pelvic muscles to keep her steady against gravity, and using trunk muscles to rotate from one side to another.

To help your child learn new words, remember to bring any toys you use into her line of vision before you name them.