

3.69 Assumes and maintains kneeling (11-13 mo.)

Kneeling is a position in which full body weight is supported on the knees. The child should not sit on her feet. Her hips should be extended. Observe to see if the child can move from a sitting to a kneeling position without using any support.

1. Place the child facing you with her hands on your shoulders. Provide support at the hips to help the child assume the kneeling position. Once in kneeling give some downward pressure at the hips. Rock from side to side.
2. Help the child to practice kneeling by using the arm of a chair or sofa as support. The child may kneel at the arm and play with a toy or look at a book.
3. Place the child on her knees. Provide support by holding her shoulders and hips. Gradually let go and let her maintain the position by herself.
4. Place the child in knee sitting on the floor. Hold a toy just out of her reach above her head. Encourage her to lift up on her knees to reach for the toy.
5. Make the task of activity #4 more difficult by holding the toy or goody so high the child must reach up with her arm or arms for it.

3.70 Walks with one hand held (11-13 mo.)

The child walks five to six steps while an adult holds one hand.

1. Let the child push a small chair, stool or doll carriage on a smooth surface.
2. Let the child walk with you holding on to a towel or with a diaper tied around his waist for support. Gradually reduce your support as the child's balance improves.
3. Let the child walk holding one end of a ruler with an adult holding the other end.
4. Give the child objects to carry to family members while an adult holds her hand.
5. Encourage the child to walk as much as possible. Avoid the urge to carry him. Allow enough time so the child can walk to places, such as from the car to the house or from a play area to a table.

3.71 Stands alone well (11.5-14 mo.)

Place the child in standing position and remove support.

The child should remain standing at least 10 seconds.

1. Place the child in a standing table for practice.
2. Let the child stand between parallel bars. Offer him a toy. The child momentarily stands without support as he reaches for the toy.
3. Encourage the child to stand at an easel to finger paint.

4. Plan some activities for the child to do in standing during music or story telling in a classroom group session.
5. For the older child with a disability, have him stand and throw balls or bean bags into a box or large pan.
6. Place the child in standing at a low table to do fine motor activities, such as scribbling with crayons.
7. Place the child in standing in a small hole at the beach. Support him by surrounding his legs with sand. Gradually brush the sand away and encourage him to stay up.

3.72 Walks alone two to three steps (11.5-13.5 mo.)

The child walks independently without support, using two to three unsteady steps.

1. It is unnecessary to buy special support shoes unless your doctor advises otherwise. The child's bare feet are his best support. Use soft soled shoes if he must be protected from the cold or from rough surfaces. The feet are more likely to develop strength if they can move freely.
2. Help the child walk with support provided at his shoulders so his hands are free.
 - a. Place a strap around the child's chest so you can support him with the strap instead of his hands.
 - b. Support the child below his shoulders. Gradually decrease your assistance.
 - c. For the child with hypotonia, e.g., Down's Syndrome, help increase stability by providing some downward pressure on the shoulders.
3. Place the child between two chairs or adults and encourage two to three independent steps. Gradually increase the distance the child must walk.
4. Let the child hold on to the furniture. Encourage two or more steps to another piece of furniture to obtain a favorite toy or bottle.
5. Hold the child's hand when going to the car or table. Release his hand and encourage him to take the last two to three steps by himself.

3.73 Demonstrates balance reactions in kneeling (12-15 mo.)

Place the child in kneeling position on a surface which can be tilted. The child should not sit on his feet. His hips should be extended. The child's head, trunk and extremities act to keep the body upright by moving in a direction opposite to the tilt.

1. Place the child on the floor in kneeling. Rock the child from side to side to music.
2. Play games in kneeling which require weight transfer

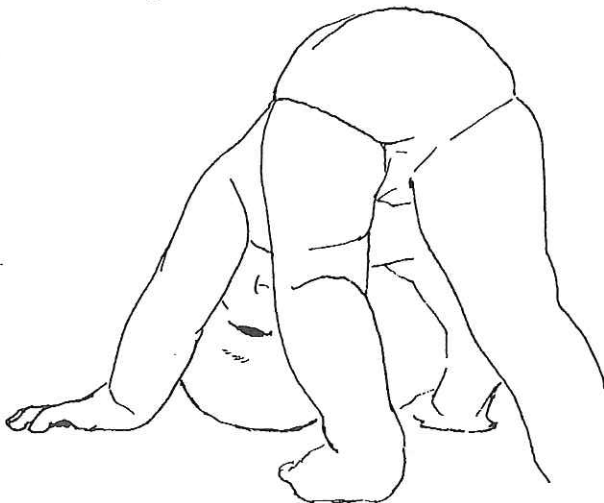
3.81 Runs - hurried walk (14-18 mo.)

The child is technically walking rapidly, one foot is on the ground at all times. The body is held stiffly upright and the eyes are fixed on the ground.

1. Hold the child's hands and help him "Run" or walk fast.
2. Play a game of chasing the child or having him chase you.
3. Find a slight incline for the child to walk down. A slope will encourage running.
4. Let the child chase a wind up toy.
5. Let the child throw a ball then run after it.
6. Encourage the child to chase the birds at the zoo.
7. *Caution:* Do not encourage running if the rapid movements tend to cause exaggeration of abnormal movement patterns. Consult with a physical therapist.

3.82 Bends over and looks through legs (14.5-15.5 mo.)

The child's knees are slightly bent as she looks backward between the legs.



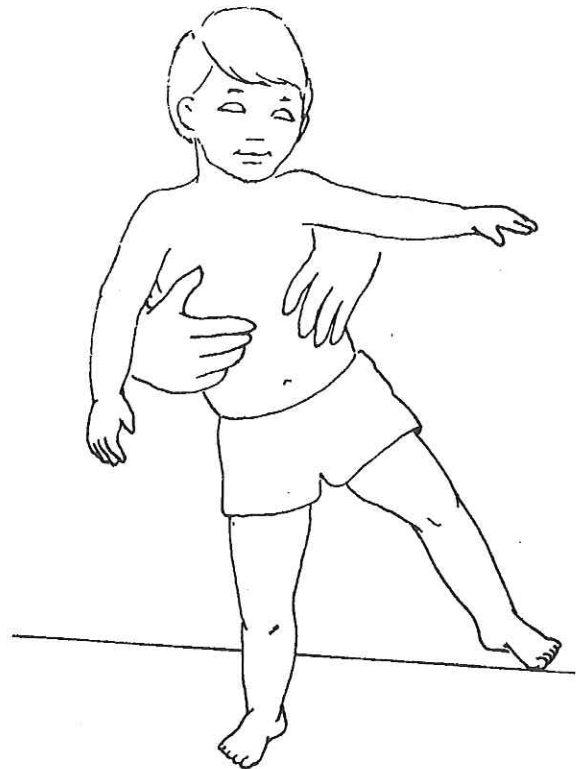
1. Refer to 3.64.
2. Place a low box or stool in front of the child for her to put her hands on. This makes it easier for the child having difficulty getting her hands all the way to the floor.
3. Shift the child's weight forward and back and from side to side while in this position.
4. Make a new version of Peek-a-boo. Turn your back to the child. Slowly bend over and look at her through your legs. Say, "I see you!" or make some exclamation of surprise. The child may want to imitate you.
5. Assist the child with her balance, if necessary. Tell her everything is upside down as she looks and enjoys the experience of this position.
6. Encourage two children to play this game and look at each other between their legs.
7. Let the child see how she looks by positioning herself in

front of a mirror.

8. End the game by helping the child do a somersault or forward roll.

3.83 Demonstrates balance reactions in standing (15-18 mo.)

Place the child in standing position on a surface which can be tilted. The child's head, trunk and extremities act to prevent a fall by moving in a direction opposite to the tilt.



1. Place the child in standing and gently rock her from side to side so she shifts her weight on to each leg. Do this to music for fun and rhythm.
2. Stand the child on a vestibular board which rocks from side to side. The child can pretend to be surfing as you slowly move the board.
3. Help the child stand on Dad's back with Mother nearby for safety. Ask Dad to rock from side to side.
4. Place the child in standing on a bed. Her movements alone will require balancing reactions.

3.84 Walks into large ball while trying to kick it (15-18 mo.)

The child kicks a ball by walking toward the ball and moving it forward by bumping his leg or body into it.

1. Seat the child so his feet cannot touch the floor and can swing freely. Demonstrate kicking a large ball from a