

Upsee



The 1-2-3 to active movement

1. Start by learning to stand up straight and fully weight bear



Attach toys to the mirror to encourage reaching and touching



Start by holding hands to give your child some security and stability.

Using a mirror is a fun way to entertain and sing songs in these early days.

Moving outside can make standing time more interesting. Looking up and reaching can stimulate the legs to straighten.

2. Next begin shifting your body side-to-side letting to the child feel the weight shift through their legs



Gently rock from side to side in time to some music. This movement is great for hip joint development.

Leg gaiters straighten the knee and the movement may strengthen the hip muscles but make sure your child can fully weight-bear first.

Get siblings or friends to join in with some circle time and nursery rhymes seeing if you can side-step together. Try singing ring-o-roses.

3. Start rocking back and forward to feel weight shift in a new direction, before taking the first steps



Aim for 4 times per week, building up time/distance with each session



Just like any child learning to move, having a stable support in front can give great security and aid balance.

With lots of regular practise you may soon feel your child initiating stepping. Try without AFOs to activate and strengthen calf muscles.

When movement becomes fluid you could try removing the sandals. UpSee walking should feel like a dance – let your child lead!