

Has trouble sitting when required

By creating games and providing opportunities for play both indoors and outdoors, adults can support children to develop their core strength, stability, balance, spatial awareness, co-ordination, and agility. It is important to provide opportunities for children to develop sensory integration through their play indoors and outdoors.

Typical development

3 to 4 year olds will be learning to:	Children can focus and refocus their attention by themselves. They will give full attention to specific activities including both visual and auditory. Children begin to walk, run and climb on different levels and surfaces. They understand and choose different ways of moving both inside and out.
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How can practitioners support children to sit for adult led activities?

- Do children spend a lot of time sitting at adult's request? (Practitioners to look at setting routine)
- Do children access a variety of activities at different levels? Consider, does this activity need to be done seated?
- Do adults support children to know what's expected of them at group times?
- Are the times you expect children to sit for developmentally appropriate?
- Do children have the core strength for sitting?
- Look out for children who find it difficult to sit comfortably on chairs. They may need help to develop their core muscles. Remember, children need to have their 'feet flat' and 'bottoms back'.

Activity ideas/resources

- Ensure the environment is set out to offer a variety of ways to play with equipment. For example, sitting, standing, lying, crawling etc (not sat at a chair for every activity).
- Provide a variety of fine and gross motor activities to support physical development.
- Give children a variety of opportunities to strengthen their core, e.g. carrying boxes/building with large equipment.
- Do you provide group activities such as yoga, music and movement, action songs/games, active walking stories or wake and shake?
- Allow children to sit on chairs, cushions or mats, think about children's sensory needs for those who might need to lie down/hold an object to actively listen.
- All adults to use a Total Communication environment, to allow them to know what will happen and when for example a 'now and next' board.