**How to use a Standing Frame**

1. Hold your child as demonstrated in the photo.
2. Place the standing frame against a wall. Put the child’s feet in first, positioning them nicely.
3. Support behind the buttocks and bring the child into a standing position.
5. Try to get the child’s pelvis straight and in the middle.
6. Hook the side supports over the bolts.

If the standing frame is broken, or if you struggle to put your child in please **do not hesitate to call Timion. We are happy to assist**.

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7
Tighten the wingnuts on both sides.

8
Make SURE that the child is standing with equal weight on both feet. You should not be able to move either of the feet easily.

9
If you can move one of the feet – the child is not standing on that leg. Correct it by centering the HIPS so the child is standing with weight on both feet. DO NOT pull on the feet.

Check the feet again and repeat if necessary.

Use this opportunity with the child in a well aligned and supported position, to engage the child in play or a functional activity.

Standing time can be gradually increased till the child is able to stand for 4 x 30min = 2 hours per day.

Up to the age of 2 years, children do not usually stand for long periods at a time. Babies only stand for a few minutes and then flop down again. Thus very young children should also only stand for very short periods at a time in the standing frame, repeated a few times throughout the day. It could be harmful to their delicate and developing bones to stand for too long periods in the standing frame.