

Targeted Training

Gaining Upright Control

Introduction:

Targeted Training works on the same principle as how a typically developing (TD) infant learns to be upright¹, developing motor control sequentially from the head downwards.



A new-born TD infant needs full support.



Around two months, the infant has head control.



Around 4-5 months, the infant can sit with some trunk support and has good head control.



Trunk control comes by 7 to 8 months. This enables sitting without hand support.

Targeted Training mimics this process of gaining upright control by using equipment to support the child just beneath the point on the head or trunk where control has been identified as being lost or reduced. Targeting that trunk segment with intensive play-based activities ('Targeted Play') can then commence.

For full list of references please visit the Squiggles TT page at www.leckey.com