

Daily Living Activities

Equipment at home can enable your child to participate in daily tasks such as:

- sitting at a table for play or eating,
- getting in and out of bed or the bath
- and feeling confident sitting on the toilet
- Going out and about.

Equipment can give your child more independence and also aid safety for your child and the adults who support them. If your child has significant needs a more detailed assessment may be required to determine whether specialist equipment would be beneficial and safer for you and your child.

This document has been created to be used as a guide and offers some advice and tips for supporting your child to access essential activities within the home. If you believe your child needs more support, please contact an Occupational Therapist.

Seating for Eating and Play



When seated on a chair, the optimal position to be in is with the hips, knees and ankles at 90° and the feet flat on the floor. If a table is to be used, the height should be equal to or up to 2" above the height of the elbow, when the arms are resting by the sides of the body



Things to try at home:

- If your child is struggling, you could try using a smaller child-size table and chair
- On a standard height dining chair, you could place a cushion behind the child's back and a box under their feet to provide them with more stability
- Seats with an adjustable footrest and seat height enable these to be set at an optimal position for the child, allowing them for good posture at the table.

Equipment Recommendations	Name	Description
Seating	Stokke Steps Highchair 	<p>Standard, weight limit 85kg.</p> <p>Grows with child to approx. 10yrs, ability to climb in, backrest and side supports but no front or straps. Adjustable foot support.</p> <p>Other accessories available to purchase separately.</p> <p>Available to purchase from other retailers.</p>





	<p><u>Stokke Tripp Trapp</u> <u>Chair</u></p> 	<p>Standard, weight limit 136kg</p> <p>Grows with child to adult weight limit, range colours and accessories can be purchased, adjustable seat and foot support. However, no side support once outgrown infant support.</p> <p>Available to purchase from other retailers.</p>
	<p><u>Hauck Alpha+</u></p> 	<p>Standard, weight limit 90kg</p> <p>Grows with child as seat and foot supports are adjustable, Harness straps can be applied within the infant support, however, would not have side support.</p> <p>Available to purchase from other retailers.</p>

Bathroom

Bathing and keeping clean is an essential activity of daily life. For children with motor or sensory difficulties, this can be an activity that is more difficult or causes distress. Using the toilet can also be something children struggle with.

Things to try at home:

- If your child struggles with getting in or out of the bath, using a bath step could make it easier for them to lift each leg over the side of the bath. This could also be used to help a child reach the sink more independently to wash their hands or brush their teeth.
- If your child is slipping whilst in the bath, a plastic bathmat may be useful to provide a surface that is non-slip and easier to stand or sit on.
- If your child still needs support to sit in the bath but has outgrown their bath seat, there are other options, listed below.
- If your child feels as if they are falling into the toilet, you could try a family toilet seat, which has a smaller child seat on top of the standard seat which can be placed up or down as required.
- Potty trainer seats are also useful, as they can be lifted on and off as needed. Some have additional handles on the side or steps to help the child further. Make sure any seats used are stable to ensure the child feels safe using them


Equipment Recommendations	Name	Description
Bathroom	Wickes Family Toilet Seat 	Made from durable and easy to clean thermoset plastic. Quick release hinges which make it easier to remove the seat when cleaning. Bottom Fix Fitting - Seat fitted from below the toilet pan. Soft close hinges to help prevent the seat from slamming
	IKEA FÖRSIKTIG Children's stool 	Anti-slip cover on top reduces the risk of slippage. Anti-slip material on the underside makes the stool stand steady. Max Load 35kg
	IKEA BOLMEN Step stool, white 	The step stool is suitable for both children and adults as it is tested and approved for a maximum weight capacity of 100 kg. Anti-slipcover on top reduces the risk of slippage. Anti-slip material on the underside makes the stool stand steady.
	IKEA TOSSIG Toilet seat 	The toilet seat makes potty training easier for your child. Comfortable for little bottoms, with soft curves and edges. The child sits steady, as the seat has an anti-slip material on the underside to keep it firmly in place. Can be conveniently hung on the wall or stood on its side when not in use.

Bed

Sleep is an important component of a child's life. By making small adjustments, safety for both children and adults can be ensured and restful sleep can be achieved.

Things to try at home:

- If you struggle to lift your child in and out of a cot, a cot bed with removable or drop-down sides may be beneficial.
- If your child struggles to get in and out of bed, lowering the height of the bed, or using a step may be helpful to encourage independence where possible.
- If your child falls out of bed during the night, a lower bed or mattress on the floor with pillows or foam next to it may soften the landing and prevent injury, bed bumpers are also available which may help to prevent the child from rolling off the edge of the mattress, without using full bed rails.
- If your child finds it difficult to move at night, or you find it difficult to move them, silky or satin sheets may be helpful to reduce the friction and help slide the child. Placing a box at the base of the bed that the child can push against with their feet may also help them move up towards the head of the bed.
- If your child cannot sleep whilst laid flat, placing a foam wedge under the head end of the mattress may help.

Equipment Recommendations	Name	Description
Bedroom	<u>Ikea GULLIVER Cot Bed</u> 	The cot base can be placed at two different heights. One cot side can be removed when the child is big enough to climb into/out of the cot. Bed width: 60 cm Bed length: 120 cm Max. load: 20 kg Mattress sold separately
	<u>Omario Kids Bed</u> 	Plush velvet bed, equipped with fixed side safety siderails, provides a secure space for sleep. Available in single, double, and small double sizes. Mattress sold separately. Single size - H 137 cm x W 90 cm x L 190 cm Available to purchase from other retailers.





	<p><u>Cuggl Bed Rail</u></p> 	<p>This bed rail is designed to fit most divan or slatted style single beds with a separate mattress.</p> <p>Fits beds L150cm-200cm by W75cm-90cm.</p> <p>Adjustable for different mattress widths.</p> <p>Easy to use flexible rail simply folds down to allow your child to climb into bed. Also available in pairs for both sides of a bed, or double size beds</p>
	<p><u>1 Pack Portable Bed Rail with Handle, Foam Safety Bed Bumper</u></p> 	<p>Foam bumper to prevent children rolling out of bed, easy to climb over if necessary. Extended pad to ensure the bumper stays in place and isn't dislodged whilst sleeping. Easy to install and remove when not required. Fits standard size beds.</p>

Going out

Travelling in the car, or out in the community is an essential part of normal life. Finding a solution that meets a child's needs is important. As children grow, car seats and travel systems inevitably become outgrown. Below is a list of standard equipment that is suitable for children as they grow.

Specialist equipment and wheelchair services are also available, but referral and wait times will be applicable. Please contact GROW therapy services for more information on the referral process

Equipment Recommendations	Name	Description
Car seats	Joie iBolt 	<p>Standard- Group1/2/3</p> <p>Fitted by top tether, seatbelt and isofix. 3 recline options.</p> <p>Total weight limit of 25kg harnessed, or 36kg if used with standard seatbelt at later date or for other children.</p> <p>Available to purchase from other retailers.</p>
	Axxkid One plus 2 	<p>Rear-facing. Fitted by isofix.</p> <p>Seat tilt angle adjustable to 42 degrees.</p> <p>Lightweight design making it easy to fit between different cars. Passed highest crash safety testing. Suitable from 61cm-125cm or 0-23kg.</p> <p>Available to purchase from other retailers.</p>
	Axxkid Mini kid 2 	<p>Rear-facing. Fitted by seatbelt and tether.</p> <p>Passed highest crash safety testing.</p> <p>Harnessed to full 36kg but is rear facing only. Suitable from 61cm-125cm or 0-36kg.</p> <p>Available to purchase from other retailers.</p>
Standard Buggies	Baby Jogger City Elite2 	<p>Standard, weight limit of 22kg.</p> <p>5point harness, multi-position reclines, higher back support than standard, extendable and height adjustable UV50 hood, large under seat basket and adjustable calf support with foot positioned away from other functions.</p> <p>Available to purchase from other retailers.</p>

	<p><u>Thule Urban Glide 3</u></p> 	<p>Standard, has a 22kg child weight limit, and 34kg total stroller weight capacity. 5-point harness, long length reclining seat, large under seat basket with zip top cover and pockets. Canopy with peekaboo window.</p> <p>Has had specific tipping safety tests.</p> <p>Available to purchase from other retailers.</p>
	<p><u>Mountain Buggy Urban Jungle</u></p> 	<p>Standard, 25kg weight limit</p> <p>5 point harness, large under seat basket with pockets, good weight distribution to prevent tipping, increased back support with recline function, UPF50 sun hood, adjustable footrest.</p> <p>Available to purchase from other retailers.</p>
SEN buggies	<p><u>Excel Elise Travel Stroller</u></p> 	<p>Passenger weight up to 50kg</p> <p>Lightweight yet robust aluminium frame</p> <p>Simple and easy to use</p> <p>Easy to fold making it extremely compact</p> <p>5 Point Harness adjustable to 4 levels</p> <p>Low Maintenance & easy to clean.</p>
	<p><u>Special Tomato Jogger Pushchair</u></p> 	<p>All terrain special needs buggy. A lightweight, pushchair designed for children requiring minimal to moderate positioning, suitable from early years to the older child. Weight Limit 50kg.</p> <p>Additional Accessories available</p>