

Positioning chart

It's important your child moves during this time to keep their joints, breathing and heart happy! 😊

What positions can your child be in?

1 _____
2 _____
3 _____
4 _____

Example of positions:

- Sitting in chair
- Lying on bed
- Standing in standing frame
- Tummy time on floor
- Chilling on beanbag
- Lying on side

Use this chart to fill in the position your child is in during the day to make sure they get a variety of positions:

TIME	MON	TUES	WED	THURS	FRI	SAI	SUN
8:00							
9:00							
10:00							
11:00							
12:00							
13:00							
14:00							
15:00							
16:00							
17:00							
18:00							
19:00							
20:00							