

Tips for Guarding

*There are modifications for guarding your child. Please consult your Physical Therapist to see what the best option for your child is and what assistive equipment your child may need.

Walking

- Stand on child's weak side and slightly behind when walking if able.
- Keep one hand on their belt or under their forearm.
- Aid as needed but encourage child to do as much as they can.
- Walking sequence: Assistive device, bad/weak leg, good/strong leg



Stairs

- Going Up

- Stand on child's weaker side if able or directly behind.
- First step up with the good/strong leg first
- Second step up with other bad/weak leg
- Third bring crutches up to step (eliminate this step if your child does not use crutches or another assistive device)
- Repeat sequences as you go up the stairs.



- Going down

- Stand directly in front of your child.
- First take crutches to step below. If child uses crutches or another assistive device.
- Second step down with the bad/weak leg first.
- Third step down with good/strong leg.
- Repeat sequence as you go down the stairs.



A phrase to help you remember the sequence is “up with the good, down with the bad”

For more information on assisting your child up or down the stairs please reference videos