

Goal: 60-90 minutes per day

- Divide it up throughout the day if needed (i.e. 30-45 minutes 2x/day).
- Start with a 5–10 minute block of time and build this up daily if well tolerated.
- Choose an upright angle that is comfortable for the child.

Make sure all parts are tightened and tray is on.

- ✓ Watch for any signs that the child may not be tolerating the stander:
 - Extreme fatigue
 - Crying, fussy or signs of pain
 - Rapid increase in heart rate (“heart beating through chest”)
 - Sweating
 - Shaking
 - Nausea
 - Head flopping down

If you observe any of these signs, discontinue use and contact your therapist.

- ✓ Check skin for signs of redness or breakdown. Redness should go away within 30 minutes of being out of the stander.
- ✓ Be sure to supervise the child while in the stander.

