



## **Building Strong Foundations: Developing Postural Control and Balance in Standing for Children**

**Lecturer:** Suzanne Davis, PT, C/NDT

Suzanne is an internationally recognized and respected clinician, teacher and consultant in the treatment of infants & children with neuromotor impairments. She brings first-hand practical experience to her profession as the mother of a son who has cerebral palsy. She is an internationally recognized therapist & speaker, & is a Neuro-Developmental Treatment (NDT) Coordinator-Instructor for the intensive NDTA™ Certification course in pediatrics for physical, occupational and speech therapists. She is one of the investigators in the published research article, *Multi-modal intervention for children with cerebral palsy: A randomized controlled trial*, conducted at Southern Cross University in Australia. *Cerebral Palsy Magazine*, *NDTA Network* and *Therapy Skill Builders* have published her works. The passion for her work, which expands over thirty years as a pediatric therapist and instructor, along with her easy presentation style, provide the theoretical and practical solutions all therapists can use with their patient population.

**Dates:** February 11 and 13, 2025

**Hours:** 7:30pm-10:30pm LIVE ONLINE!!

**Cost:** \$200, \$165 group of 3

**Target Audience:** PT, PTA's, OT, OTA's

**Credits:** PT NY and NJ 6.0 contact hours, Approved 0.6 AOTA CEU's

### **Description**

This course will equip therapists with knowledge and practical skills to enhance postural control in standing for pediatric patients, focusing on developmental milestones, assessment techniques, and intervention strategies. Postural control is crucial to the development of higher-level skills and an integral part of motor control.



## Outline

- Definition and importance of postural control.
- Overview of recent studies related to pediatric postural control and implications for practice.
- Overview of the primary systems involved in balance and postural control for standing.
- Typical developmental stages of postural control in standing.
- Variations and delays in typical development.
- Observational assessment techniques.
- Identifying contributing factors (muscle strength, proprioception, balance).
- Analyzing case studies.
- Techniques for improving strength, sensory processing and balance (e.g., tummy time, supported standing, single-leg stands, dynamic activities).
- Activities to promote postural control in toddlers.
- Educating parents on supportive activities for home (skills needed for daily activities (e.g., dressing, playing)).