

## **Smart Start Project Case Study 2**

### **Case Study Title**

Are You Sitting Comfortably- providing specialist equipment.

### **Background**

What is the background to the case study?

As part of the Are You Sitting Comfortably project training is being rolled out across the county on  
Sitting for Learning- the development of gross motor skills for concentrating, writing, reading and communication.  
Sitting for Personal Care- the development of independent toileting, toilet training, managing more complex toileting needs.

### **Activity**

What was involved? Who? Where?

North- 11 practitioners

N&B- 18 for sitting for learning, 23 for sitting for personal care

East – 16 am, 17 pm

Training delivered as an am/pm slot. Most settings have sent one person all day, some have swapped at lunchtime and two schools have only sent staff for the toileting session.

### **Outcomes**

What were the outcomes or learning points?

KPI was 35 in each area- this is not being met despite the training being advertised in September electronically to every setting in receipt of NEF and every Reception class, being sent out again before Christmas, individual flyers sent electronically, discussions with individual settings and the Facebook information. A separate flyer was sent to schools to emphasise this is for Reception staff as well.

Reasons for not coming were:  
Settings had not heard about training.

Settings could not pay for cover  
 Settings could not find staff to cover  
 Settings did not feel it would be useful ( this was particularly schools. One school, with a history of struggling managing personal care when given an individual invite agreed to come to the morning session but did not feel that toileting was relevant to them. Another school sent 5 TAs to the toileting session- from Reception to Yr 4 but no one from nursery and no one to the Sitting for Learning session. )

However immediate evaluations on the day are robust.  
 100% of the session run in North, Nuneaton and Bedworth and East are good/outstanding for content and delivery

100% would recommend training to other settings.

### **Quote/Testimonial**

Feedback given from the individual

### **Taken from evaluation forms**

#### **Most useful/Comments:**

Really useful and interesting course. Thankyou.  
 Most useful part of the course was real life stories and actions.  
 Practical ideas to get children sitting and concentrating  
 Great frank discussion practical ideas  
 Thanks. That was very informative and thought proking  
 Most useful part- the biology  
 Most useful part- everything!  
 Most useful part- leaflets, tips  
 Very informative  
 Most useful- how sitting needs core strength and how this is gross motor skills  
 Most useful- time to consider the developmental issues and strategies to support them  
 Opportunity to focus on all the issues  
 Learning about how children should be sat at the tables, checking footing, table height.  
 Think about which children are able to sit comfortably and if they are unable why.  
 Finding out where to signpost parents  
 All the training was very good  
 The biological evidence supporting the skills needed  
 Biology information- much easier to understand and explain to others  
 Very informative and useful- well worth attending  
 I'm really looking forwards to giving feedback to the staff at my setting about this.  
 Bi lateral integration was really interesting. A really informative morning.  
 The difference between toilet training and controlled toileting. Advice for parents on

pull ups.  
 Another good information session. Thank you.  
 Developmental impacts. Importance of core. Good sitting ( letters not W)  
 The Bristol Chart  
 Universal info for all provision relating to fine and gross motor.  
 Handouts, Universal provision. Gory bits!  
 Bought up some good staff conversations.  
 Valuable training, good, informative

### **Next steps:**

Feedback to staff ( this is in all evaluations)  
 Passing on information to staff. Display for parents  
 Visual aids, equipment, review of toileting  
 Re-evaluate the setting & school practice in line with toileting guidance and put in necessary changes. Gap analysis  
 Source a different toilet step and bubbles  
 Look at seating/tables in setting  
 Display information  
 Make visual timetables  
 Go back and look at how children sit- make notes and then make amendments!  
 Support for children to sit comfortable at group times  
 Support children to overcome barriers- encourage toilet training.  
 Implement fine and gross motor into planning. Display W sitting advice for parents and staff.  
 Look at NAS website.  
 Ideas to try with children and talk with parents who are having problems.

### **Additional Outcomes:**

Spoke to three practitioners about their own children's needs, both sitting for learning ( ADHD diagnosis and physical disability) and personal care ( a practitioner has a 10 yr old who did not go on school camp because he has bladder and bowel issues and is struggling daily)