



THE JANA



early development seating aid



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The Jana Early Development Seat

Was born from parents unable to find a suitable and commercially available orthopedic seating support for their special needs baby, Jana. Instead, they resorted to developing a seat themselves. The Jana Early Development Seat is the result; specially developed through extensive consultations with therapists and academics.

What is The Jana?

This modular floor-based seating system is designed to assist your child to improve their physical, cognitive and sensory abilities by encouraging play in therapeutic positions. These form the very foundations for the development of later abilities.

In light of this, The Jana is designed for use by special care babies for early intervention use at home or in the care environment. It is designed for infants with a maximum weight of 10kg and also dependent on the baby's length. Please refer to specifications of the seat and discuss with your therapist to determine whether this seat will be suitable for your baby.

Unique features

- Developed with the assistance of qualified therapists.
- Supports legs and keeps them aligned.
- Supports trunk and head in sitting for development of sitting balance.
- Provides sitting and lying support.

Safety considerations

- Infants should not be left unattended at any time whilst using The Jana equipment.
- Always ensure the infant is secured in the product.
- Always use the product on a level surface.
- Individual components cannot be used on their own and must always be used in conjunction with the base for support.
- Only use the equipment for its intended purpose.

Cleaning instructions

- The covers are removable and machine washable.
- The most effective way to clean the fabric is by using warm water and a detergent.
- Do not use abrasive agents when cleaning.
- The material is anti-bacterial and water repellent.

The Jana Early Development Seat consists of the following elements

- 1 1 x cushioned floor mat
- 2 1 x U-shaped support seat + 1 x back wedge for seat + 2 x small waist support inserts
- 3 2 x extra height layers
- 4 1 x positioning strap
- 5 1 x support headrest
- 6 1 x head support cushion/table rest
- 7 2 x head support positioners
- 8 1 x leg separating block
- 9 1 x multi-size wedge



Use of components

You may find your child finds some positions more preferable than others; or some positions may not be medically suitable for your child's needs. It is important to seek advice from your therapist about what suits your child best.

Seat

The Jana is designed to support your child in a neutral, upright posture. This allows the child to be supported in a balanced posture, but allows freedom of movement of the trunk and arms to develop independent sitting, with their hands free for play. Sitting in good alignment prevents the development of postural deviations.

Activity suggestion: Encourage your child to reach for toys while sitting. At first, place toys within easy reach and encourage grasping, moving from hand to hand, banging together, and throwing.



Back wedge for seat + 2 X small waist support inserts

Back wedge: To support the pelvis and trunk to allow a more balanced and upright posture. The two smaller waist support inserts can be added to provide a snugger fit and optimise balance and support.



Head support positioner

Designed to provide moderate neck and head support. Please consult with your therapist should your baby need additional head support. Please refer to the Modifications section in this catalogue.





Positioning strap

Optional: To be used with the seat as per the image. Designed to position/secure your child and provide added stability to avoid him/her from falling over.

Leg separation block

The separation block keeps the thighs apart and supports the legs and hips in good alignment to prevent dislocation of the hips. Good alignment reduces spasticity (stiffness) in the legs.



Side lying

Use the extension block of the wedge to provide back and leg/head support. Use the knee separation block against the extension block to support both hips and knees in a flexed position. The separation block can also be used to support the legs in different positions.

Side lying allows a strong extensor pattern to be broken (when back lying can't achieve this). Gravity helps bring the baby's arms together in the midline. If possible, time should be spent lying on both sides to maintain symmetry. The time spent on each side will depend on the condition of your child and the aim of the activity. For example, for some children with cerebral palsy, lying on the affected side may help to control unwanted arm movements and improve two-handed play. Alternatively, lying on the unaffected side may encourage the use of the affected arm. Your therapist will help you decide which side is best position for each goal.



Back lying

When a child lies on their back, the full body weight is symmetrically supported by the surface. This makes it a secure position from which to work on the physical, cognitive and sensory skills that provide the building blocks to more complex skills.

The head support positioners and strap can be used to keep the baby in the correct position. The head positioners can be also used on the sides of the body to maintain alignment.

Where there is spasticity (stiffness) of the legs, the extension block of the wedge can be paced below the child's legs to keep them in a flexed position.



Multi-size wedge

Encourages your child to push up on extended arms with open hands. This will strengthen their shoulders and upper trunk, as well as encouraging weight bearing through the arms – a building block for four-point kneeling. It is also an early building block for fine motor skills which depend on stability at the shoulder for the control needed.

Strap: Optional: Can be used to keep baby in position.

Leg separation block: Supports and keeps hips and legs in good alignment to prevent dislocation.

The wedge is two sizes in one: The front section can be removed to reduce the overall length so as to accommodate smaller babies.





Head support cushion

Can also be used as a tray to encourage baby to reach for toys or objects.



Specifications

Please refer to specifications of seat above and discuss with your therapist if this seat will be suitable for your baby. Your baby's length needs to be measured in accordance with the height of the seat.

Modifications

Please note that any specific modifications to the Jana seat will be the responsibility of the owner and their therapist. Unfortunately the manufacturer of The Jana cannot modify every seat to the accordance of the special needs of each baby in question. This needs to be done by a modifier of your choice and in accordance of the specific needs of the baby. The Jana seat is sold as a generic unit that needs to be modified by the owner if needed.

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