

STANDING TIPS

HIGH KNEELING

Try playing in high kneeling! It's a great way to help your baby strengthen their tummy and hip muscles while staying upright. Use a couch cushion, futon, or a stack of books as a fun, low surface to play on—it's easier than standing but still a great workout!



SQUATTING

Squatting helps build the leg strength your child needs to stand up and stay standing. Try placing a thick book or yoga block under their bottom, with a toy just in front. When they lean forward to grab it, gently slide the block away. Use your hands to support them as they return to a squat.



PULL TO STAND

When your baby pulls to stand, they move into a lunge position—an important step toward standing up on their own later. Encourage this by placing toys just above their head on a raised surface. To start, have your baby sit on your leg or a low surface, and support their hips to help them shift their weight side to side.



Are you worried about your baby?

Call 0478 631 113, or visit
www.nosetotoesphysiotherapy.com

Paediatric Physiotherapy in Perth Northern suburbs