

SITTING TIPS



NESTED SITTING

Sit your baby on the floor with their back supported against soft furniture such as a couch or in a padded box/basket. Place toys in front of them and between their legs so they can reach and play. This activity allows a baby to experience sitting with support while being able to engage in play with you in front of them.



ROCKING CHAIR

Sit on the ground with your baby in your lap facing away from you. Slowly lift up one of your legs, moving your baby's body so they start to lean to one side. Allow time for baby to adjust their body, before lowering your leg and switching sides. This can be done while reading to your baby.

TURNING PLAY

Sit with your baby next to you and their toy in your lap. Have one hand behind their back with slight support, reducing and hovering near their back as they maintain balance. Encourage baby to turn to the side to play, and switch sides throughout the day. Overtime, allow baby to sit on their own with toys positioned on one side of their legs.



Are you worried about your baby?

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Paediatric Physiotherapy in Perth Northern suburbs