

Supporting your child to move from a side lying position to sitting

Aim: To move from a side lying position up into a sitting position.

Activity: Assist the child from a side lying position as show in the photograph to a side sitting position pushing through their arm. You may need to place a hand on their hip to stabilise them.

Help by turning the hips or gently placing your hand under their chest. Allow the child to push up with their arms and hands.

