

Supporting your child in a sitting position

Aim: To increase sitting balance and core muscle strength.

Activity: Whilst kneeling or sat behind the child, support the child around their trunk so they are able to maintain a sitting position. Try placing toys in front so that the child is encouraged to sit up straight.

As the child's sitting balance starts to improve gradually reduce the amount of support you are providing with your hands so they become more independent with their sitting. You can encourage reaching forwards and sideways with use of toys to improve balance further.

