

Sitting Guide

Sitting skills emerge around 5 months as baby becomes more interested in being in an upright position. In sitting, baby's core & neck muscles are really challenged in a new way against gravity. To sit independently, baby must have enough strength and coordination in engaging the muscles in the front and back at his/her core. Nursing and couch pillows are great to use on the floor to help support and keep baby safe. Remember, falls are normal and a big part of the motor learning process.

- Use boppy/nursing pillow to provide support behind and on each side of baby
- Sit on floor with your legs extended out in front & baby placed in between your legs where you can gently squeeze & support baby with your legs while engaging in play/song
- Help baby achieve criss cross with his/her legs so they can use those legs for balance & stability; it's more difficult for baby to sit with legs straight out in front
- Get baby barefoot so baby's feet can provide more input to his/her hard working brain
- Decrease extensor thrusts (baby stiffening and throw self backwards) by helping bend/flex at the hips
- Use toys/siblings or other people/objects to capture baby's attention straight ahead of his/her eye gaze so baby is not looking down at floor or up too high
- Practice side sitting: with baby's weight shifted towards one butt cheek & hands on floor for support
- Prop baby in corner of couch or chair and play/sing right in front of baby at his/her eye level

Remember that sitting containers do not teach sitting skills. They passively place baby in a sitting position. Also, keep in mind that if baby gets fussy while working in a sitting posture, he/she may be communicating that they're tired and need a break. Sitting is a challenging new skill for your cutie and takes time and short bouts of frequent practice to achieve.

Checkout Videos at:



You've got this, mama!

XOXO,

Sara

