

Advice sheet

Sitting

Sitting is an important position for your baby as it learns to hold and balance its body up against gravity. Sitting will take a few months to fully establish and your baby will start to learn this using their arms for support. Later they will be able to reach and play for toys without needing to support themselves with their arms. Eventually your baby may learn to move in and out of sitting and this is in preparation for moving onto all four limbs to crawl.

At what age should my baby be able to sit?

- A baby should be able to sit unaided by 6-8 months

Activities to encourage sitting:

- To encourage independent sitting your child would benefit from **practicing sitting without being in a sitting aid** like a bumbo seat or baby bouncer.

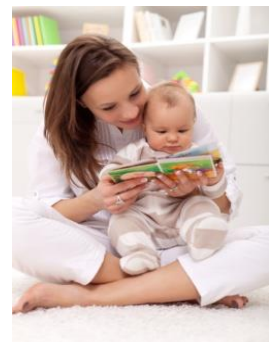
- **Tummy time**- if a baby is placed on their tummies, it helps to improve the strength in their backs. Strong back muscles help with sitting.



- **Sitting**- Babies can be placed in a sitting position on the floor with pillows around them and encouraged to play with toys. It may be useful to place a v shaped cushion (or feeding cushion) in front of your baby. This can help babies push up when in a sitting position and learn to support themselves.



- **Sitting**- Playing in sitting position on your lap e.g. 'row row row the boat' or reading a story.



Being carried in a sitting position.

- Toys – Using larger toys placed in front of your baby will help them use their hands to support themselves.



Please contact your health visitor if you are concerned your baby is not sitting.