

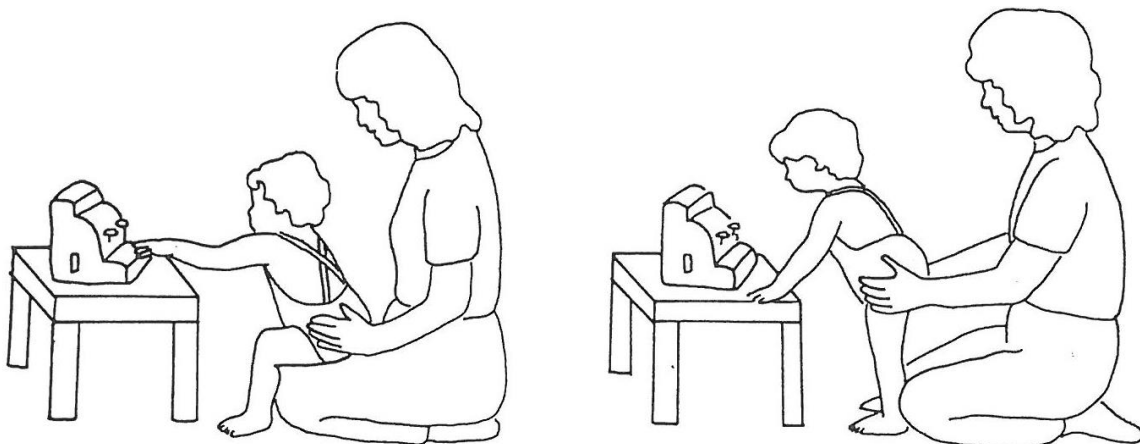
Helping your child to pull to stand

A child may start to pull to stand as early as nine months of age or as late as 18 months. Children who bottom shuffle rather than crawl are often later in pulling to stand. At first they'll be unable to get back down to sitting in a controlled way, and will 'plop' back onto their bottom.

To encourage pull to stand:

Kneel-sit on the floor in front of a sturdy coffee table or low sofa. Place toys on the furniture

- Sit your child on your knee with their feet on the floor
- Encourage your child to reach forward and hold onto the furniture
- Put your hands around their hips and help them into a standing position by moving their hips forwards as they straighten their legs



You could also start by placing your child in a kneeling position



- Encourage them to bring one foot forward and place on the floor then bring their weight over the foot and come into standing.
- Placing your hand on the bent knee can encourage the movement as it helps with stability.