

ACTIVITY PLAN 6 – INDEPENDENT SITTING

Aim

To develop sitting balance

Age

7–8 months

Equipment

Floor space with toys and pillows

Area required

Indoor floor space

Time

5–10 minutes

How?

Sit babies on the floor with a variety of toys. Place pillows behind babies, but not touching them so they do not learn to lean on them and instead develop their own balance.

Key points

- When sitting babies on the floor it is safer to place pillows around them. To help babies develop their sitting balance, avoid leaning them on the pillows.
- Use a variety of toys so babies can start to learn to reach a short distance and then recover their balance to the centre while they play with the toy.
- Sitting in front of babies on the floor will also help them to keep their weight forward and develop their sitting balance.