

ACTIVITY PLAN 12 – STANDING TO PLAY

Aim

To develop standing balance

Age

10–14 months

Equipment

Low furniture e.g. a table, soft foam shapes, a stable chair or couch

Area required

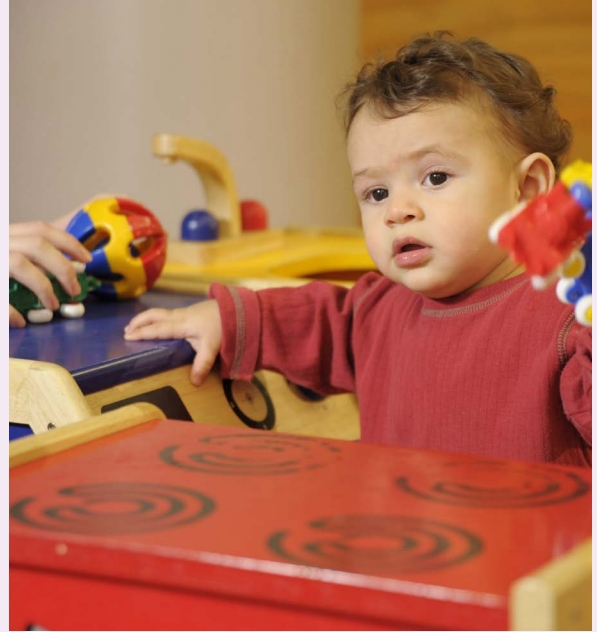
Indoor or outdoor space of suitable size

Time

5–10 minutes

How?

Stand babies at low furniture with a variety of interesting toys to play with. Initially babies will need supervision.



Key points

- Provide a variety of surfaces for babies to stand at and play with toys. Babies need the ability to stand and balance before they learn to walk independently. Babies respond well to praise and encouragement.
- It is preferable for babies to stand with their feet flat on the ground and slightly apart.
- Initially babies will struggle to sit from standing so will need assistance.