

# Learning to sit independently

**Age:** 4-12 months

**Resources:** Mats, sound or light up toys, furniture, blanket

## Tips:

Take time with your child to explore the world around them. The things they feel and smell can help support routines, familiarity and make them feel secure.

## Activity:

### Sitting

- **Developing trunk control** when sitting will introduce a whole new world of activities for your child. You can help support your child's sitting by:
- **Sitting them upright** with full support between your legs or using a sitting aid.
- Encourage them to use **their hands and arms** as props when sitting; this may be against you or a toy.
- Over time, your child will require **less support** for sitting and should be able to explore around them.
- **Use mats, toys and objects** that make noises when knocked, shaken or grabbed, such as a foil blanket, rattle, or a ball containing a bell.

Place toys and objects that light up or make a noise in front or to the side of your sitting child. This may help to encourage your child to extend their reach and promotes their understanding of the space around them.

Nursery rhymes with forwards, backwards, and side to side motions will help develop your child's balance and fall reflexes. When rocking from side to side, guide your child's hands out to touch the floor on the side they are leaning



### **Notes:**

Please supervise your child at all times while completing any of the activities outlined on this sheet. Stop any activity if your child becomes upset, unwell or you are unsure if you are completing it correctly.

The activities on this card align with stage 1b of the [Developmental Journal Babies Visual Impairment \(DJVI\)](#)

If you would like any further advice or support, please contact the advice line on **0800 7811444** or via email [children@guidedogs.org.uk](mailto:children@guidedogs.org.uk)