

Supported sitting

Age: 4-12 months

Resources: Floor mat, sound toys, blanket

Activity:

Supported sitting

Once your child has developed good head control and can sit with a little bit of support on your knee, you can start introducing activities to help develop their trunk.

Whilst sitting your child on your knee facing you, hold them around their hips and try:

- Rocking them gently from **side to side**
- Rocking them **back and forth**
- Gradually increasing the size of the rock as their **trunk control** improves

These movements teach your child about their body and surroundings. You can help your child feel secure in different positions by making it enjoyable. For example, by starting to introduce a variety of calming and exciting body movements, such as:

- Rocking
- Swaying
- Lifting your child up and down
- Trying different speeds

These activities can be done to nursery rhymes or music and over time your child will start to associate their movements with certain sounds.

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

