

Supported Sitting Practice

GROSS MOTOR | Ages 3-6 months | 5 minutes

About This Activity

Build core strength and balance by practicing sitting with support.

Materials Needed

- boppy pillow
- cushions
- pillows

Step-by-Step Instructions

Prop baby in a sitting position with pillows around them (Boppy pillow works great). Sit facing baby with toys. Baby will work on balance and core strength. Stay close - babies this age will topple! Start with 2-3 minutes, increase as baby gets stronger. Always supervise.

Developmental Benefits

GROSS MOTOR, PHYSICAL