

Helping Your Baby Learn to Sit

As an occupational therapist, I'm often asked how to support a baby in learning to sit. Babies typically sit on their own between 6 to 9 months. This follows muscle development and balance control.



Supportive Sitting Positions

Lap Support

Hold your baby in a sitting position on your lap. Provide support at the ribcage.

Between Your Legs

Sit with your baby between your legs. Offer gentle side support.

Pillow Support

Use a nursing pillow around your baby. This helps them adjust to minor falls.

Toy Propping

Place a sturdy toy between their legs. This allows them to prop up for stability.

Practice Sessions

1 Short Bursts

Sitting is tiring for babies. Practice in short bursts throughout the day.

2 Natural Playtime

Incorporate sitting exercises during playtime and interactions.





Toys & Interaction



Eye Level

Place toys at eye level. Encourage head control.



Out of Reach

Move toys slightly out of reach. Help them practice balance adjustments.

Tummy Time & Back Play

Tummy Time

Strengthens back, neck, and shoulder muscles. It is essential for sitting.

Back Play

Develops core and chest strength. Balances front and back muscle coordination.



Transition to Sitting

1

Side-Rolling

Guide through side-rolling to sit up. This prevents delays in crawling.

2

Core Strength

This builds core strength.

Key Activities

1 Supportive sitting

Use pillows or your legs for balance.

3 Reaching for toys

Encourages balance adjustment.

2 Tummy time

Build upper body strength.



Keep Practicing

Incorporate these simple activities into daily routines. This will help your baby develop strength and balance.

Independent sitting is a big milestone. By following these tips, you can help your baby learn to sit.

