



# When and how to teach your child to sit

Most babies gain the ability to independently move to the sitting position after lying on their stomachs, achieving muscle strength and gaining the ability to crawl.

You should gradually expose your child to lying on their stomach.

By the age of 6 months, your baby should be used to lying on their stomach for most waking hours.

Most children sit up independently around 8-9 months.

## Sitting on a mat

If your child can't independently sit by the age of 8 months, you should encourage them to sit for short periods of time.

Sit them with their hands supporting them in front, without supporting them from behind.

After 5 minutes teach the child to lean to the side, and then lay them back down.

Sitting allows them to play games and is great practice for balance.

With time, they will get stronger and their hands will be free to play.

## Independently moving from sitting to lying down

If your child has reached the age of 9 months and hasn't yet learned to sit, you can help them by teaching them how.

Children can learn to sit in a variety of ways.

### Moving from lying on the stomach, through the side

In each practice- the child should support themselves with their hands.

Therefore, don't hold their hands and don't give them anything to hold during practice.

1. Lay the child on their stomach, with a game on one side that they can see.
2. Bend their knees to a 90 degree angle towards the object.

Support the hips of your baby in the sitting direction and gently pull them into a sideways sitting position.

The objective is for the child to push the ground with their arms.

The amount of help depends on how hard it is for your child.

3. From sideways sitting position, they will move to sitting by releasing the support of their arms.



**1. Sitting sideways with bent knees**



**2. Pushing with arms into a sitting position**



### 3. Sitting

Moving from standing on 6 , through the side into sitting

Try this if your child is already crawling on all 6 or if you can bring them into that position.

In each practice- the child should support themselves with their hands.

Therefore, don't hold their hands and don't give them anything to hold during practice.

1. Help the child stand on all 6. Place an object next to the child
2. Support the child's hips and bring them backwards and sideways until their bottom is touching the ground into sideways sitting.
3. Help your child reorganise their legs into forwards sitting position.