My First Independent Sit

Use a ball, music, and a favorite toy to help your baby practice balancing in a seated position without hand support.

Helps Your Child Grow

Gross Motor

Progressing from supported sitting to sitting independently gives your baby practice using their trunk and adjusting their balance to stay upright.

Cognitive Self-Regulation (Executive Functioning)

Trying to sit up again after losing balance gives your baby experience persisting through a manageable challenge.

What You'll Need

1. A ball
2. a speaker
3. a favorite toy. Each object supports a different playful way to invite independent sitting

Try to Catch the Ball

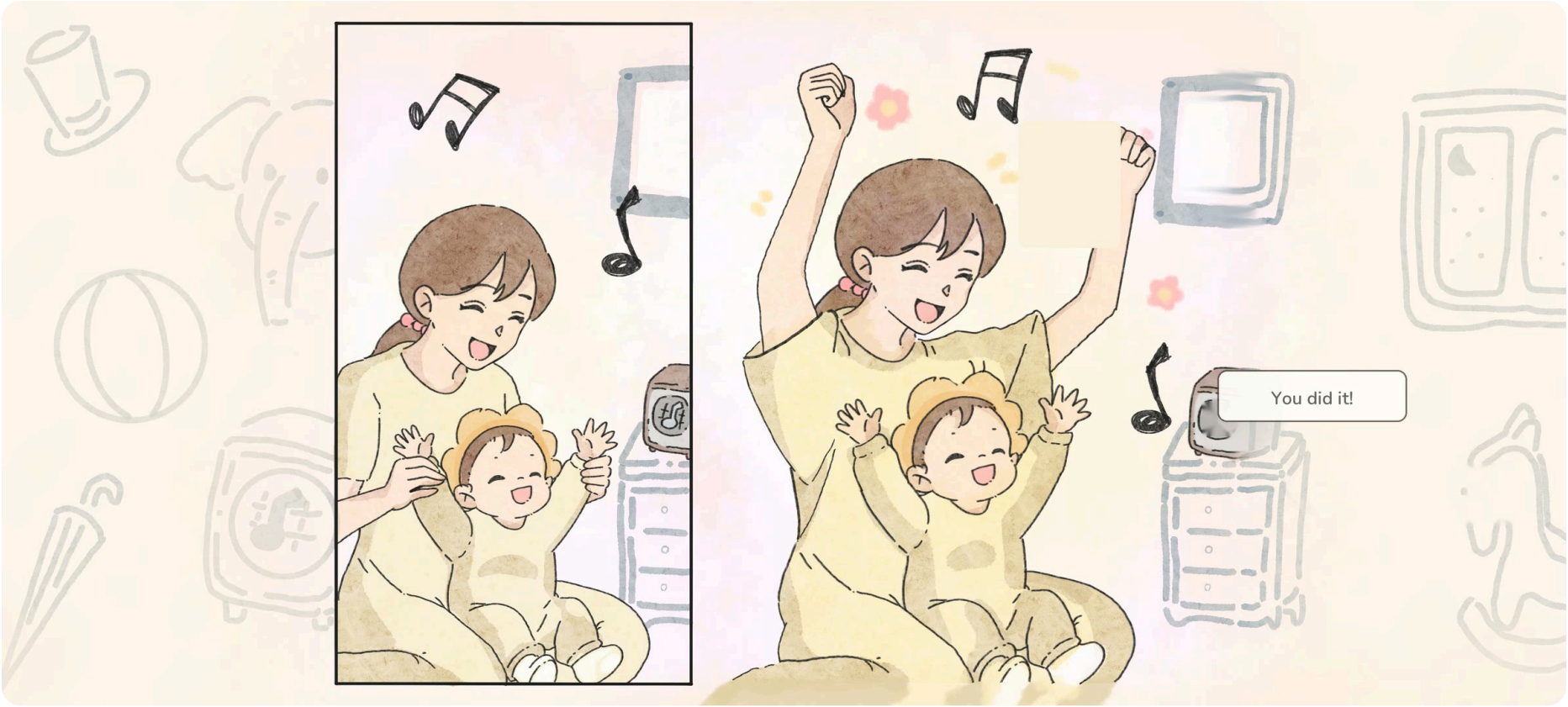
Sit face-to-face with your baby and hand them a small ball. After they hold it, see whether they can remain upright for a moment without using their hands for support. They may wobble or tip backward. Give them time and encouragement to try sitting up again.

Observations

- ◯ Keeps trying to sit up again after tipping over
- ◯ Takes the ball you hand them

Tips

- When your baby tips over, encouragement and time to try again can be more useful than immediately lifting them upright. Let them experience that losing balance is okay and they can make another attempt.
- The repeated sequence of tipping over and trying to sit up again also exercises #PMP-GrM, which supports independent sitting.



Sway to the Music

Play some music to make sitting practice more engaging. Sit with your baby between your legs and gently hold their hands as you sway together. When they feel steady, gradually loosen your hold and see whether they can sit for a moment without your support.

Observations

- ○ Sits independently for a short time after you let go
- ○ Moves or waves in response to the music

Tips

- Music and a steady rhythm can create a relaxed, enjoyable setting that keeps your baby interested in sitting a little longer.
- Keep the swaying small and slow so your baby can feel and adjust to the changes in balance.
- If your baby begins to wobble after you let go, gently support their hands or body until they regain balance, then try again when they are ready.

Reach for the Toy

Place a favorite toy just in front of your baby and invite them to reach while supporting themselves with one hand. Notice whether they can grasp the toy, bring their body upright again, and remain sitting steadily.

Observations

- ○ Returns to a seated position after reaching the toy
- ○ Looks toward you and smiles while holding the toy

Tips

- Moving from supporting themselves with one hand to playing with both hands shows that your baby is increasingly using trunk strength to maintain balance.
- Your baby may sit upright only briefly or lower themselves onto their tummy after reaching the toy. What matters is that they keep trying the movement of sitting up.
- Once your baby can sit independently, both hands are free to handle toys and explore. This also supports #PMP-FiM and #C-EnD.