



Standing on My Own

Hold out a colorful clip and invite your baby to reach while standing, so they can enjoy an early moment of balancing on their own.

Helps Your Child Grow



Gross Motor

An interesting object can encourage your baby to let go and practice balance. Stay close and offer support when needed as they build gross-motor control.

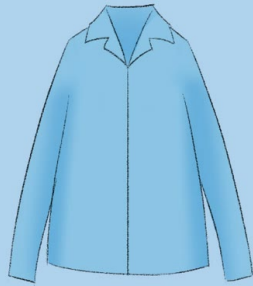


Initiative and Curiosity

Following your baby's interest and supporting their choices encourages active exploration and independent attempts.



What You'll Need



An item of clothing



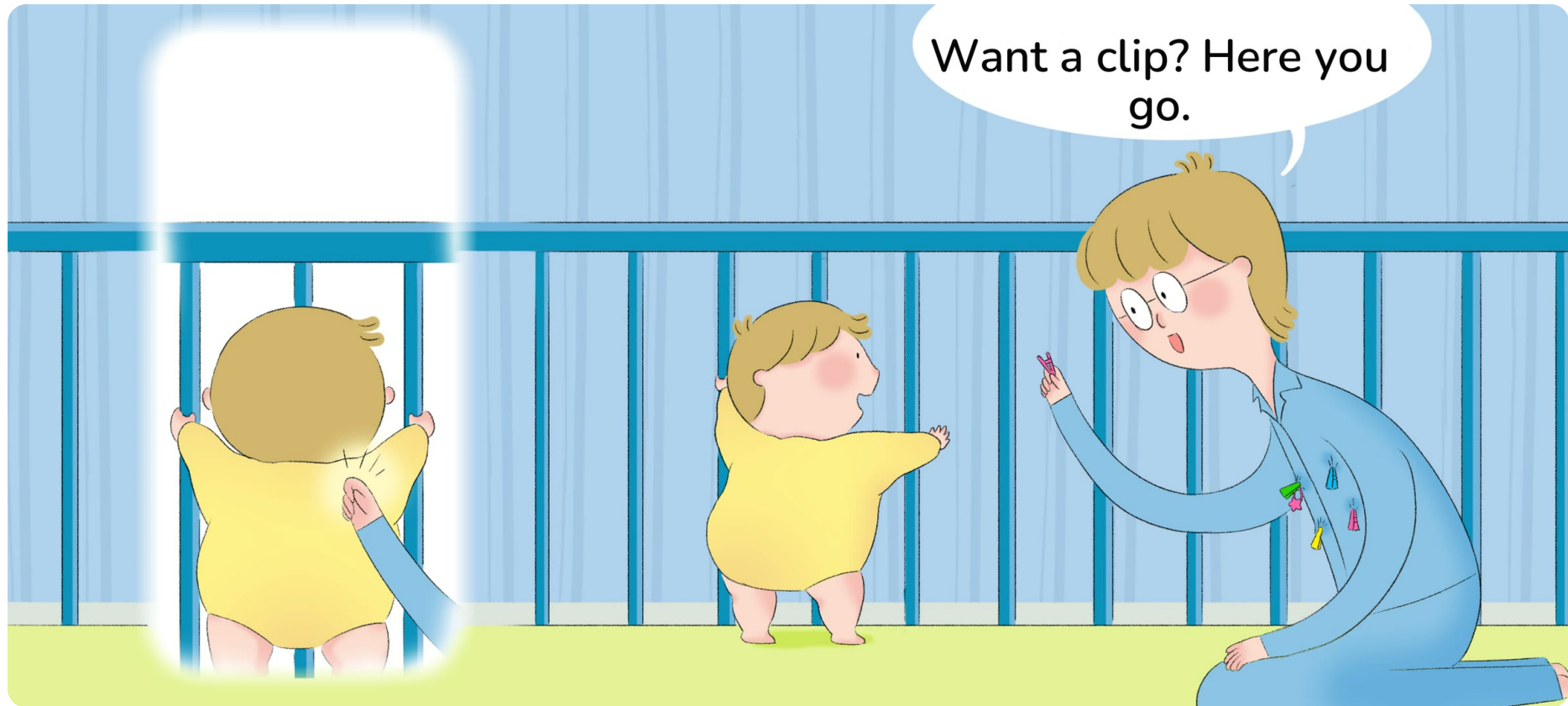
Colorful clothespins



Small items that can be clipped

What You'll Need

1. A shirt
2. large baby-safe clips
3. lightweight items that can be clipped on



Look at All These Clips!

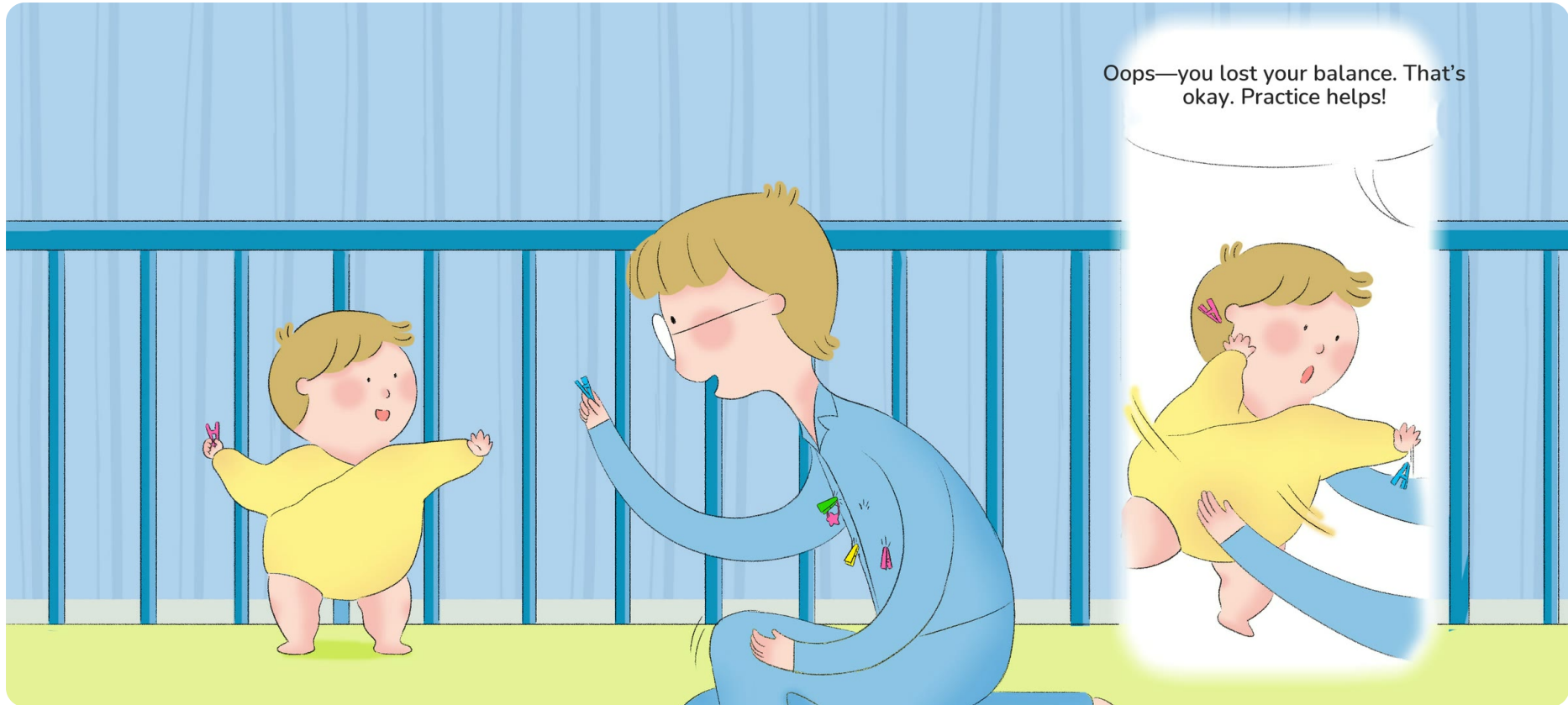
When your baby enjoys pulling to stand at a sturdy rail, try helping them free their hands. Clip several colorful clips to your shirt. Take one off and wiggle it so your baby lets go with one hand to reach, beginning with one-handed support.

Observations

- Pulls to stand while holding a rail
- Looks at the clip, reaches, or makes a sound to show they want it

Tips

- You can clip on a lightweight toy your baby likes to make reaching even more inviting.
- Encourage different body movements - turning, reaching up, or twisting - to get the toy. Guide your baby as needed, then gradually reduce help once they are steady.
- Place the clips within easy reach so your baby can experience success.



Let Go with Both Hands

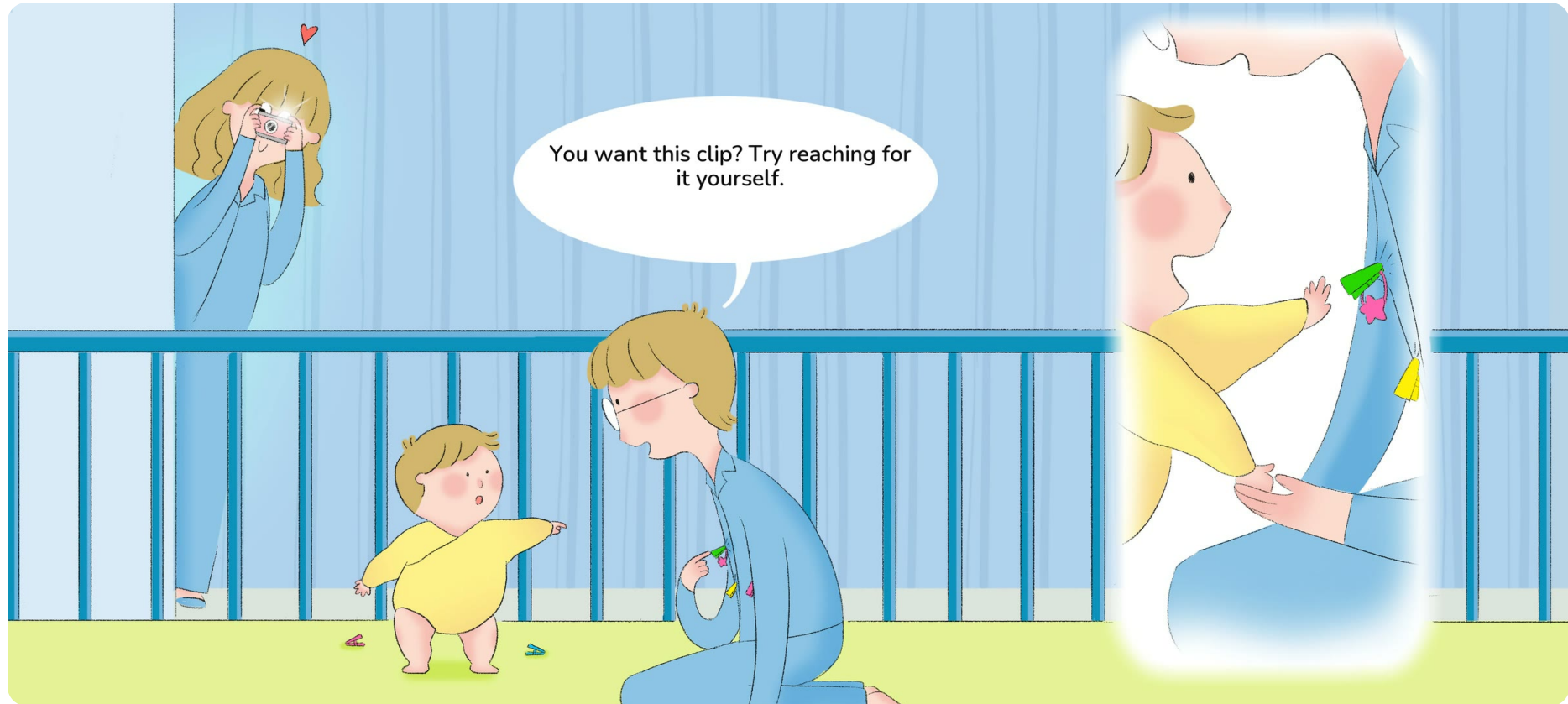
After your baby takes the first clip, hold out a second one to invite them to let go with the other hand. Once both hands are free, they may wobble or sit down. Stay close; if the area is safe, give them a moment to find their balance before helping. That effort is part of learning to stand.

Observations

- Lets go with both hands and tries to stand without support
- Tries to stand again after sitting or tumbling down

Tips

- A little tumble is okay on a safe, padded surface. Say, “Let’s try again!” and keep the mood light so your baby feels confident exploring.
- Balancing even briefly with both hands free marks a new stage in #PMP-GrM.
- If your baby hesitates before letting go, give them time to decide and try. They can move toward unsupported standing at their own pace.



Stand and Play

To make standing practice more playful, invite your baby to take the clips from your shirt. Change their positions or clip on different lightweight toys to keep your baby interested and reaching while standing.

Observations

- Reaches toward you to take a clip from your shirt
- Maintains an unsupported stand while interacting with you

Tips

- A playful task - taking clips from your shirt - turns standing practice into a game and may help your baby stay engaged longer.
- When your baby gets the clip or toy they want, they discover that standing frees both hands for reaching, exploring, and playing - making them more willing to try again.