Sit with Hands Down for Support

Gradually reduce external support as your baby learns to place both hands in front and use them to stay upright.

Helps Your Child Grow

Gross Motor

Reaching forward for support and using the trunk to stay balanced gives your baby practice controlling and coordinating large-muscle movement while sitting.

Relationships with Adults

Your steady presence and encouragement can help your baby feel secure enough to keep trying a new sitting position.

What You'll Need

1. Pillow
2. blanket

Begin with Support

Use pillows and a folded blanket to create a small supported seat where your baby can experience holding their upper body upright. Once they can remain steady for a short time, gradually reduce the support. Remove one pillow first, wait for them to adjust, and then decide whether to remove another.

Observations

- ○ Relaxes while you talk or hum and remains seated with support a little longer
- ○ Remains seated with support from pillows and a folded blanket

Tips

- Talk or hum to your baby while they sit with support. The interaction can keep the practice engaging and help them remain in the position a little longer.
- Each time you adjust the support, give your baby time to regain a steady sitting position. Watch how they respond before deciding whether to remove more support or add some back.

Find a New Balance

After the supports are removed, your baby may wobble. Stay calm, encourage them, and give them a moment to adjust their balance. If they tip over, let them try again. Offer help when they fuss or look toward you for support.

Observations

- ◯ Adjusts their posture in an effort to maintain balance
- ◯ Signals to you for help sitting up

Tips

- Leaning forward and moving the hands after support is removed are signs that your baby is exploring balance and activating different muscles. Give them a chance to respond.
- Tipping over is not a failure. A calm “That’s okay - let’s try again” can help both you and your baby approach the next attempt with confidence.
- When helping your baby upright, connect this activity with #PMP-GrM. Begin by supporting the shoulders, then gradually offer your forearms or hands so your baby can help pull themselves up and place both hands forward.

Sit with Hands for Support

After helping your baby upright, wait before letting go and notice whether they place their hands on the floor in front. When they make that effort, slowly reduce your support. If they hold the position, respond with a big smile and warm applause.

Observations

- ○ Sits for a short time with both hands down for support
- ○ Looks toward you and smiles after holding the supported sitting position

Tips

- If your baby does not place a hand on the floor, guide one wrist forward and let the palm touch down so they can feel the new supporting position.
- Sitting with the hands down is an important step toward sitting independently. Repeated practice helps your baby learn to use their trunk to maintain the position.