



My First Tripod Sit

Gradually reduce support as your baby uses their hands to balance while sitting.

Helps Your Child Grow



Gross Motor

Sitting with support, adjusting to less support, and bearing weight through the hands gives your baby practice using large muscles, balance, and whole-body coordination.

Steps

- Arrange pillows or folded blankets into a supportive little seat for your baby.
- Place your baby in the seat and hold them gently while they become familiar with sitting upright: “You’re sitting with support.”
- After a short supported sit, remove one pillow or folded blanket. Your baby may wobble while trying to find their balance.
- When all the cushions are removed, your baby may place both hands in front of their body to steady themselves in a tripod sit.
- If they do not bring their hands forward, support the waist or back and help position the hands for balance: “Try putting your hands down.”

Tips

- Stay ready to support your baby’s body whenever they begin to lose balance.
- If your baby cries or appears uncomfortable, the practice may have lasted too long. Shorten the sitting time or try again another day.

Observations

- Uses their hands for support while maintaining a sitting position
- Looks toward you when beginning to lose balance