

Information for Patients

Activities to Promote Sitting & Sitting Balance

Physiotherapy Service

The below activities are positions you can use with children to promote sitting.

The use of a bumbo or other seats of a similar types are usually not recommended to promote sitting balance in children.

Supported Sitting

When your child is first learning to sit or finding their balance you may find that they fall forward or are unable to maintain a sitting position for long before they are falling over.

By placing your child into the sitting position with toys they enjoy and play with in front and supporting them around their middle will help your child engage their tummy muscles to sit. As they get stronger in sitting you should be able to reduce the support you need to give them and you can easily do this by lowering where your hands are around their middle to their hips.

Below are a few variations of supported sitting you can do with your child:



Losing their balance when sitting will help them to learn how to use their hands in supporting themselves and maintaining their balance. Once your child is a bit stronger in sitting placing them in sitting with cushions around them to support them when they fall.

Activities such as sea-saw from side to side using their upper limbs can be an activity to help develop their upper limb use in sitting.

Side Sitting

Side-sitting is a lovely position to help further develop their trunk strength and upper limb use in sitting and will help your child be able to progress onto locomotion.



**This document is available in Welsh / Mae'r ddogfen hon ar gael yn
Gymraeg**