



# From Sitting Duck to Sitting Baby



6-8 months

## Why is sitting important?

Sitting sets the foundation for strengthening all of the muscles necessary for your little one to eventually stand and walk! Also, sitting is your baby's first experience in an upright position. This opens up a whole new world for them to explore and have new cognitive, fine motor, social-emotional, and language experiences that will skyrocket their overall development.

## What should sitting look like?

With good head and trunk control, arms and hands are more free to play. They will start to catch themselves if they are falling forward and eventually to the side. You should be allowing your baby to spend ample time playing in sitting. You can challenge them in this position by having them reach for toys in all directions to help them develop good balance and strength. TIP: surround your baby with pillows in sitting while they learn to keep their balance.

## How to help your child learn in sitting



### Working on Social-Emotional

**Copy Cat:** At this age, your baby is ready to imitate others. You can sit facing your baby and raise your arms overhead, touch your nose, or perform other gestures that your baby can copy. You can also copy your baby as they play! This copy cat game will help you develop a bond with your infant.  
**Peekaboo!:** Your baby can recognize familiar faces, so a classic game of peekaboo in sitting can help you develop a connection with your infant while allowing them to experience surprise and laughter, contributing to their emotional development.



### Working on Fine Motor Skills

**Take the Tissue:** A fun way for the baby to improve their fine motor skills is by playing take the tissue. All you need is an empty tissue box and few pieces of cut up fabric. Place the box in front of your baby and have them pull out the pieces of fabric.  
**Eating:** When your baby is sitting, give them food they would eat and cut into small pieces so they can work on picking it up with their finger.



### Working on Cognition

**Wimmer Ferguson Mind-Shapes:** These toys feature visually stimulating, high contrast black and white and color graphics/faces to promote curiosity. While playing with the toy, your baby should show ability to bring the toy to its mouth and switch the toy from hand to hand.  
[www.manhattantoy.com/collections/wimmer-ferguson](http://www.manhattantoy.com/collections/wimmer-ferguson)



### Working on Language

**Sign Language:** Introducing hand movements associated with words helps your baby develop early communication skills even before they are ready to talk. Practicing this in sitting is a great activity to promote both language and sitting balance.  
**Moo and Baa:** Emphasize animal sounds when reading or playing with puppets in sitting. This will help your baby learn to distinguish different sounds and begin practicing and repeating easy sounds themselves.