



Fun Activities on the Ball

Level Two

How can I use the big ball to work on sitting with my baby?

Once your baby is comfortable playing on his tummy on the ball, he can progress to playing on the ball in a sitting position. He should be able to sit quietly on top of the ball without fear as you support his body.



Place your hands on your baby's hips and press gently down into the ball. Keep your elbows and forearms solidly on the ball to prevent it from rolling away from you.



Bring your baby just a little bit toward you to work on his back muscles and tip him a little bit away from you to work his tummy muscles.



Practice tipping gently to your baby's right to exercise his left neck muscles. Tip him to his left to exercise his right neck muscles. Use small movements while watching his face for signs of fear.



To help teach balance while sitting on the ball, practice tipping just far enough to see your baby's leg start to rise off the ball. Move slowly, he is working very hard!

Have fun with your baby; keep the play sessions short and frequent. Several minutes each session, several times a day is helpful for building strength. Your baby will let you know if he is tired or unhappy.

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult your doctor.