



# Sitting Play and Reaching for Toys

## Weight Shift and Trunk Rotation

### How can I help my baby learn to reach for toys in sitting?

Some babies have trouble learning how to sit and play with a toy. They may seem fearful of falling over, or hesitant to move from the secure upright position. The following exercises are fun ways to teach sitting and reaching skills for your young infant.



Use a favorite toy and place it in front of your baby and just barely within his reach. Leaning forward is the first and easiest weight shift in sitting. Help him learn to shift his weight to the side and turn his body to follow the toy. Provide gentle guidance at the elbow to help him learn to turn his body.





Provide a fun toy for reaching and turning to play. Remember to keep the area around your baby safe and child friendly. Hard or sharp table edges and corners may hurt if she loses her balance.



Use your legs for support to encourage trunk rotation and weight shift. Now that he can sit and turn, it is time to get ready to learn to move onto his hands and knees!

Watch his face to see how much effort and energy he is putting into the exercise. He will be working hard but should not be fearful!

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.