



Tall Kneeling and Half Kneeling

Playing in Kneeling

What are some fun ways to help my baby kneel and play at a low table?

Learning to kneel and play is hard work for your baby. He needs to be strong enough to hold himself up on his knees. Babies learn to come to standing through half kneeling. The following exercises are fun ways to practice and learn tall kneeling and half kneeling with your young infant.



Place a fun toy up on a low bench or table. Help your baby reach up for the toy and shift his weight forward on his knees.



Help your baby learn to separate his legs in play when reaching for a favorite toy. Provide support at his chest and hips.



Your baby may need a little help learning to control his upper body when first learning to kneel. Help him by placing a low bench or chair in front of him. A fun toy at eye level will help him want to stay and look.



You may need to make several movement changes to help him place his feet and knees in the best place for balance. Soon he will be able to do it all by himself as he readies himself to pull to standing!

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.

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