

CONNECT TO THE CLASSROOM

Provide Supported Sitting for Infants

During the infant 2 video, the teacher is helping the baby learn to sit independently by providing a pillow and her arm while he explores a rattle. The best way for babies to develop their muscles, posture, and balance is to be able to move their bodies and position themselves without restrictions. The teacher in the video helps support the infant sitting by:

- Gently moving the infant into a sitting position
- Using her hand and arm to stabilize him while talking gently
- Staying close to keep him from falling over

Practice applying ways to express the key strategies demonstrated in this interaction on your own.

- Provide support either in your lap or with pillows
- Engage in games or toys to allow babies to develop muscles, posture, and balance
- Provide close supervision and make sure babies have a soft surface around them

When you are finished, reflect on the following questions.

1

What support materials or objects do you have that can provide sitting support to infants?

2

How did the baby respond to the support that you provided?
What specifically did they do?

3

What was challenging?
What were the roadblocks to making this time enjoyable for the infant?

4

What else could you do next time to provide sitting support?

