


Sitting, Turning, and Reaching



You're reaching high!

Hold toys in various positions to encourage your baby to stretch and reach for the toys.

Your baby will practice using his hands and body to reach objects and will gain better balance for sitting.



You're reaching to the side!



Why this is important

Providing an interesting object for your baby to reach encourages him to stretch and balance himself while also learning to sit alone. Once he can comfortably sit alone, he will not need his hands for support. Instead, he can use his hands to explore his surroundings. Seeing objects out of reach will eventually inspire him to try new ways to get them, such as crawling.

What you do

- Begin the game with your baby sitting securely on your lap with your arm wrapped around his waist.
- Hold a noise-making or favorite toy in front of him—just far enough that he needs to lean forward slightly and stretch his arms to reach it. *Can you reach the rattle? Look how you can stretch!*
- Offer encouraging words and hugs when he reaches the toy, while allowing him to play with the object.
- Repeat the game, moving the toy to a new location just within his reach. Be sure to support his body as needed.
- Try moving the toy to his side and observe how he tries to reach it. Does he move his arms and trunk? Does he try to use only one arm? Encourage him to move in a variety of ways by moving the toy to different positions around his body.

Ready to move on?

Try the game with the baby seated on the floor. If necessary, place pillows around him for support. Let him practice reaching in different directions for the toy by placing it in a variety of locations just within his reach.

Let's read together!

Baby Love
by Sandra Magsamen