



# The Association of Paediatric Chartered Physiotherapists

## **APCP Information - Promoting Physical Development: Lying to Sitting** Information for Parents and Carers

All babies develop at different rates. The activities suggested in this leaflet will be useful for you to practice with your child to help them learn to sit up from lying.

Whilst you are working with your physiotherapist they will help make this more specific to your child's needs

### **Encouraging/Supporting Head Control**

Tummy time is vital for development please see the APCP Tummy Time leaflet. Head control is important and one of the first skills needed for your baby to be able to sit.



### **Playing with your child lying on their side**

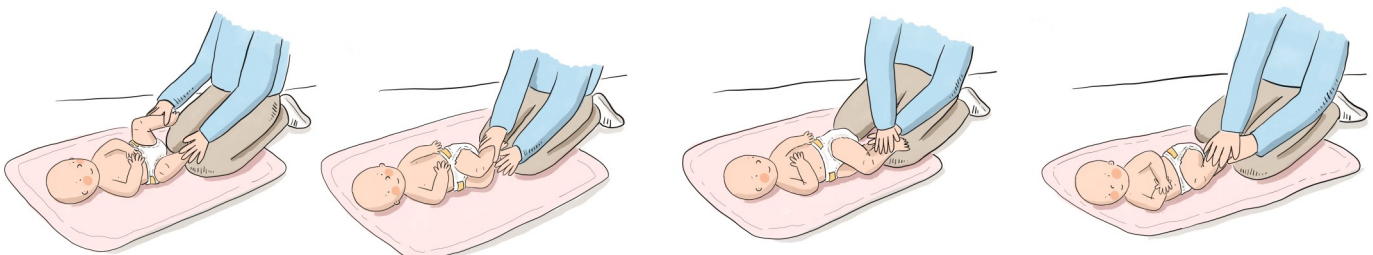
Lying your child on their side is an important position. This helps your child use two hands together. (Practice this on both sides)

### **Hands to legs and Feet**

Helping your child to see and play with their feet is an important skill to learn before rolling on to their side

### **Learning to roll over**

Practice this on both sides



## Help with Sitting

Supporting your child in this position helps them learn to sit



## Helping your child sit up from the floor

This will help your child develop the ability to turn their body



**If you have any concerns about your baby's development, please contact your Health Visitor or GP.**

**For further evidence supporting this leaflet please visit our website**

APCP

<https://apcp.csp.org.uk>

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The Chartered Society of Physiotherapy is the professional, educational and trade union body for the UK's 50,000 chartered physiotherapists, physiotherapy students and associates.

