



DO THE TWIST

(It helps you get around)



Babies who start out using a push - back reflex to center and move often get themselves "locked in" to two - dimensional movement patterns. This ends up with sitting balance maintained by strong back work supported with the elbows pulled back to stabilize. Not only does this make active play awkward, it also blocks any weight shift happening.

Lying on a side to play is a great spot to start 2 hands working forward together. With weight on the shoulder, it will soften to let the arm shift forward. Be sure to do on both sides. You can use a foam wedge for a backstop, tuck your babe into the corner of a couch or chair, or make a "sandbag" with rice in a plastic bag inside a sock.



Sitting with hands forward on a ball is a sneaky way to shift balance forward to include a tummy tuck. When that's in gear, try shifting the ball very gently from side to side. You can overlap your babe's hands with yours to help keep contact.



Try sitting cross - legged with your babe tucked into the "bum nest" created. It's a great spot to do the twist together.



Holding one of your babe's arms just above elbow level, gently clap his hand against your opposite palm.

Gradually twist yourself and your babe so that he is reaching across to your knee. Play with that for a bit, shifting and rocking, then work back to the middle and trade hands, twisting in the opposite direction. (Be sure to keep the hips snug so that your baby twists in the middle rather than turning the whole body like a log.)



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