

## I'M SITTING! NOW WHAT?



To start with,  
all the energy  
goes to balance.



Tall toys and balls  
help to bring  
arms forward.



Smaller toys give  
practice shifting  
weight forward  
and back.



Placing toys a bit  
to the side builds  
in twist and weight  
shift.



Toys a bit farther  
out encourages a  
hand prop and reach  
across.



Reaching with a  
stretch and a  
twist gives weight  
shift practice too.



Toys out of reach  
need "desperate"  
measures,



Sometimes the  
under foot needs  
help to tuck,



and down you go!