



## Baby sit up and look

2 - 8 months

**TIME:** 10 - 15 minutes

**SKILL:** Eyes tracking objects, arm movements, core strength

**REQUIREMENTS:** Comfortable place to sit indoors or outdoors where there is lots of activity to watch.

### Directions

1. Sit with your baby on your lap, sitting upright and facing forward like you.
2. Point at different things that are happening (children playing, cars driving, birds singing, rain falling, etc.) and talk to your baby about what you are seeing.
3. Notice how your baby pushes and strains to sit upright, and perhaps reaches and points at the activity. This is good for building core strength to sit upright unassisted.

### Variation

- As your baby's strength and balance improves, try sitting her upright on the floor with pillows behind and beside her for some support and safety.

### Benefits

- This activity helps your baby to develop basic upper body movements, visual acuity, and core strength with balance.