

ACTIVITY PLAN 11 – PULLING TO STAND

Aim

To develop movement skills

Age

10–14 months

Equipment

Low furniture e.g. a table, soft foam shapes, a stable chair or couch

Area required

Indoor or outdoor space of suitable size

Time

5–10 minutes

How?

Sit baby on the floor near the furniture, side on. Place a toy on the table and show it to the baby. The baby will turn to get the toy, pulling up to kneeling and then into standing position.

To help babies learn to sit back on the floor, offer a toy towards the floor so that babies will bend their knees to reach for it. This will start to teach them the movement of stand to sit.



Key points

- Ensure furniture is the right height so that babies pull up and can reach it from the sitting position. Once babies are crawling they will be able to pull straight up to kneeling and then to stand.