



# The Association of Paediatric Chartered Physiotherapists

## **APCP Information – Promoting Physical Development: Lying and 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 these activities more specific to your child's needs.

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

Tummy time is vital for development. It can help with your child's head control. This is one of the first important skills needed for your child to be able to sit.

For more information, please see the APCP Tummy Time leaflet. Make sure your baby is awake and is never left alone on their tummy.



### **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.

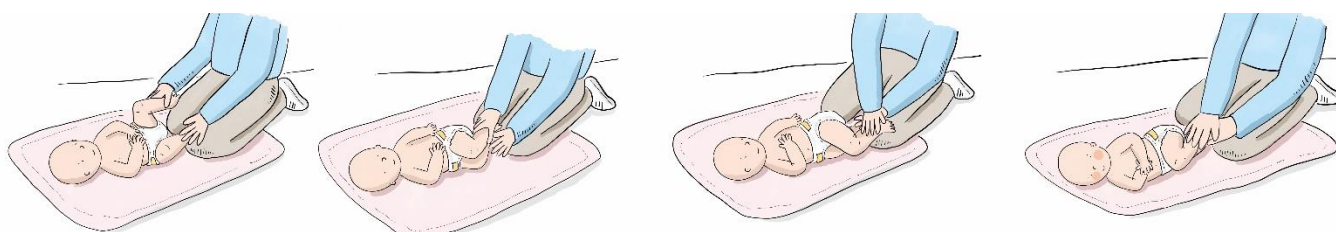
Practice this on both sides.

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

Helping your child to see and play with their feet. This 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 Need Further Advice About Tummy Time, Or Have Concerns About Your Baby's Development, Contact Your Health Visitor Or Children's Physiotherapist.**

This leaflet has been produced after a review of literature and where there is a lack of evidence, a consensus of expert opinion is agreed, correct at time of publication.

Acknowledgments: APCP South West Committee

For further evidence supporting this leaflet please visit our website: <https://apcp.csp.org.uk> V2 Published January 2022 V2 Review June 2024 V2 Review June 2029



The Association of Paediatric Chartered Physiotherapists (APCP) is one of the CSP's largest Professional Networks and continues to thrive with a membership of over 2,900 paediatric members. We encourage our members and support staff to work together to enhance the quality of life, wellbeing and independence of babies', children, and young people that we deliver care to.

The Chartered Society of Physiotherapy (CSP) is the professional, educational and trade union body for the UK's 64,000 chartered physiotherapists, physiotherapy students and support workers.



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