

Early sit-ups

Instructions

Start by sitting on the floor with your knees slightly bent.

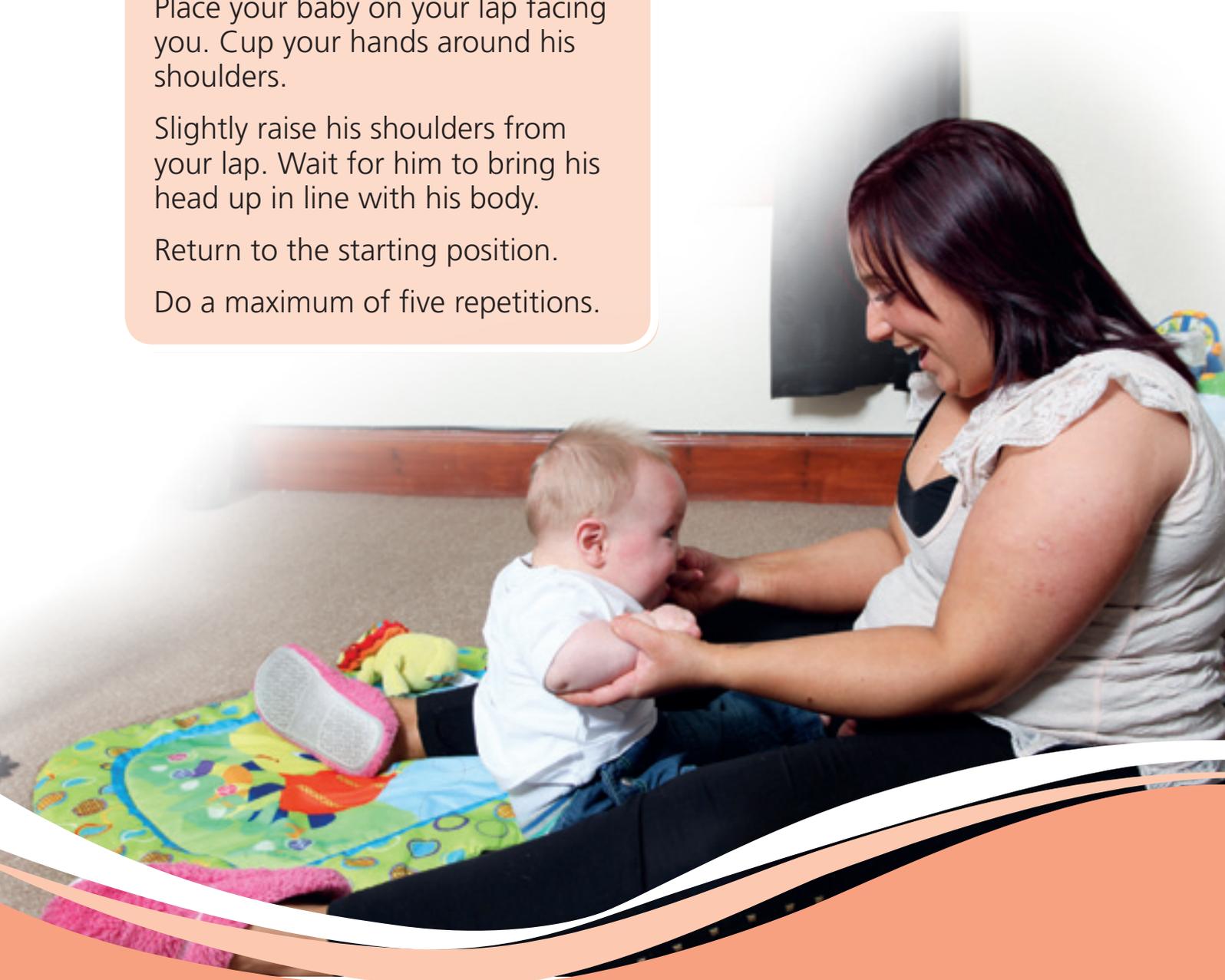
Make sure your back is supported.

Place your baby on your lap facing you. Cup your hands around his shoulders.

Slightly raise his shoulders from your lap. Wait for him to bring his head up in line with his body.

Return to the starting position.

Do a maximum of five repetitions.



Toddler group activity

Involve all children at the session and have a mini gym session to music.

Try singing songs as you do the exercises; for example 'See saw'.

Have older children counting the sit-ups.

Precautions

If your baby is not yet able to hold his head well, do not do this exercise. Try again in two weeks.

Your baby may only be able to cope with one or two movements at first.



benefits

- Strengthens the front of your baby's neck and body in preparation for sitting up at a later stage.