

## Exercise Prescription: Sitting with Toy

### Purpose of Exercise:

This exercise helps baby practice achieving the balance between muscles on the front and back side of their body to accomplish a strong independent sit. Baby should be assuming a strong upright sitting position with neutral spine to do this exercise. Make sure their low back is not rounded with tailbone tucking under, this would be a sign that they do not have enough spinal/trunk stability for sitting yet.

### Frequency:

As often as possible. Stop exercise if baby is uncomfortable or begins to cry.

### Starting Position:

Baby sitting with legs out in front of their body with parent behind for support if needed.

### Exercise Description:

Place suction cup toys on window, fridge, or any surface that will stick and encourage baby to play with the toys in front of them. If baby loves to throw their body back into extension, place toys below shoulder level.

### Pictures:

