

# Floor Sitting



## Why?



Sitting is considered a vital part of the developmental sequence because of the other skills which are based upon its foundation.

## Physical goals

The main physical purposes of sitting are to stabilise the trunk and pelvis, allowing the arms and hands to be free. In turn this allows handling of objects, exploration, increased learning opportunities and interaction with family and their surrounding environment. Children can be encouraged to reach, grasp and release toys, bang blocks together in midline, and throw things!



## Cognitive goals



Sitting up helps children to realise that their environment is three dimensional. It's also a more social posture – the majority of us communicate with each other from an upright posture, whether sitting or standing.

## Sensory goals

With head control developing well, and when securely supported in a sitting posture, a child's hands are free to explore a much greater range of textures, shapes, and sizes.



## Communication goals



The social posture of sitting is an excellent position for focusing on introducing new words and phrases, especially describing words and action words. If your child's floor sitting skills are still developing, remember that you may have to provide more support if the goal is learning new words.