



## Physical Health, Well-Being, and Movement Skills Activity for 6 to 12 Months

### Pull Up

*Infants repeatedly practice trying to stand. At first, they will "drag" themselves to a standing position by hanging on to furniture. They will learn to kneel on one knee, then the other and push themselves up.*

#### Materials:

- A toy or stuffed animal
- A chair, couch, or low and safe table

#### What to do:

1. Sit the baby on the floor facing you when she can stand while holding onto you.
2. Securely grab her hands and say, "Are you ready to stand up? Here we go! One, two, three!"
3. Pull her to a standing position gradually and gently on the count of three.
4. Give her lots of positive encouragement. Say, "Look at you. You're standing!" If the baby enjoys this activity, do it again.

#### Variation:

- Put a toy on a couch, sturdy chair, or a low table without sharp corners to encourage the baby to use the furniture to pull herself up. Ask her to get the toy. Show her how to grab on to the furniture to stand and reach the toy.

**Safety alert! The baby may fall backward while trying to pull herself into a standing position. You may need to pad the corners so the baby doesn't hurt herself when she falls. Keep her away from furniture or other objects that might topple if she tries to use them to pull herself up.**

