

# Up and down

## Let's play and talk together

- ❖ Sit in a comfortable, stable position with your baby sitting on your lap facing toward you.
- ❖ Holding your baby's hands, gently help raise him or her from a sitting to a standing position.
- ❖ Hold your baby up for a few seconds, and then help her return to a seated position.



## A good read-together book



**My Up & Down & All Around Book**  
by Marjorie W. Pitzer

## Hints for success

- ❖ Let your baby push with her legs and pull against your hands while holding them steady.
- ❖ Sing phrases like "Let's stand up" and "Now sit down" during the activity.

Are you ready?  
Let's stand up!

Now it's time  
to sit down.

**Ways to say it**

You will need a comfortable place to sit up straight with baby in your lap.

This activity is good for strengthening baby's upper body, and for helping your child learn to pull up from a sitting to a standing position.

# More ideas for Up and down

## Try this way

- ❖ Once baby can pull up to a standing position, encourage balancing against a low table or chair that does not have sharp corners.
- ❖ Use a hand puppet to talk and sing to your child across the top of the table or chair. Encourage your child to use the table or chair to pull up and see the puppet talking and singing.



## Puppet Song

Where is baby, where is baby?  
Stand up tall, stand up tall!  
Now I see you standing,  
Yes, you're really standing.  
Please don't fall. Please don't fall.

Author unknown

## Safety tips

- When lifting your baby up, place your hands under his or her armpits. This protects the shoulder and elbow joints.
- For this activity, baby's legs need to be strong enough to push him or her up. If you have to help pull your baby up, try this activity at a later date.