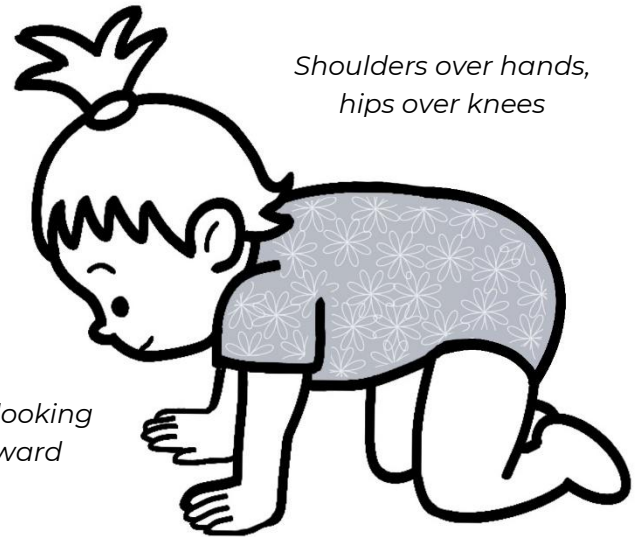


4-Point Position

4-point position is when baby is supporting themselves on their hands and knees. This position is important to practice balance and coordination, build core and shoulder strength, and prepare for crawling.

Staying up on hands and knees is hard work! At first, babies might only hold it for a few seconds before collapsing—this is normal. With practice, they'll build strength and coordination to stay up longer and eventually start rocking, reaching, and crawling.



Elbows straight, palms down, fingers spread

How to help baby learn to hold a 4-point position

- Give baby lots of **tummy time** to build strength.
- Practice with baby on a firm, flat surface such as a play mat or carpet on the floor.
- ♠ **Support their hips:** gently hold the hips to keep them stacked over the knees.
- ♣ Place your leg under their chest to help them keep their body lifted.
- ♥ **Support their shoulders:** guide the arms forward, palms flat, and fingers spread.
- Use **toys or mirrors** in front of baby to keep them interested and looking forward.
- ♦ Rock them gently forward and back in 4-point to develop balance.
- **Transition practice:** help baby move into and out of 4-point, sitting, or tummy time.



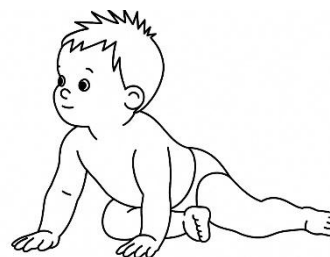
Please consult a health professional if you have concerns about your child's safety or development.

Transitions & Sitting

Have your baby practice transitions or sitting while on a mat on the floor. Keep the area clear! They may tip over and get hurt on hard toys or sharp edges. Help build strength with short, frequent play sessions each day.

How to help baby learn to sit

- Give baby lots of **tummy time** to build strength.
- Ensure baby can hold their head upright before and throughout sitting practice.
- **Supported sitting:** hold and support baby at their torso, hips, or knees to help them gain stability.
- Practice **propping their hands** on the floor or a stable surface to help baby balance and hold themselves up.
- Place toys nearby to encourage **reaching and balance**.
- Use a cushion or your legs behind them for safe support.
- Practice balance as you lean them side to side. Their head should stay aligned with their body.
- Encourage **ring sitting** (feet together, open knees).



Talk to a doctor if baby...

- | | | |
|--|--|--|
| <ul style="list-style-type: none">• Has flat spot on their head• Always turns or tilts their head to one side | <ul style="list-style-type: none">• Has a stiff neck• Has continued difficulty lifting their head• Has continued difficulty sitting unassisted | <ul style="list-style-type: none">• Shows a noticeable difference in movement or muscle tone between left and right sides, or upper and lower body |
|--|--|--|

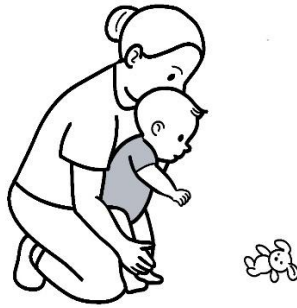
Please consult a health professional if you have concerns about your child's safety or development.

4-Point Position

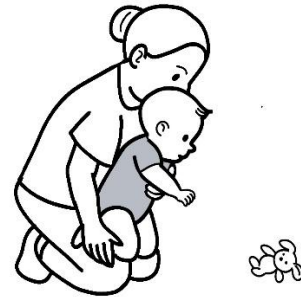
How to help baby get into 4-point position



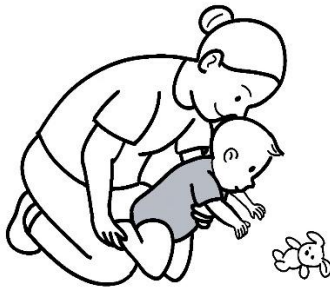
1. Start with baby sitting on your thigh.



2. One hand supports their torso; the other hand grasps baby's ankles.



3. Tuck their ankles under their body.



4. Place baby's knees onto the floor.



5. Lower baby so their hands take their weight while you support their chest and hips.



6. Support baby's hips or shoulders so they can stay in this position safely.

- Has flat spot on their head
- Always turns or tilts their head to one side

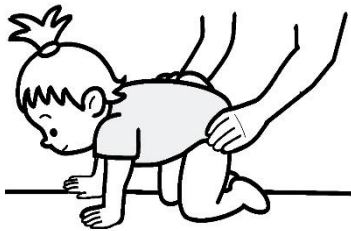
Talk to a doctor if baby...

- Has a stiff neck
- Has continued difficulty lifting their head
- Has continued difficulty sitting unassisted
- Shows a noticeable difference in movement or muscle tone between left and right sides, or upper and lower body

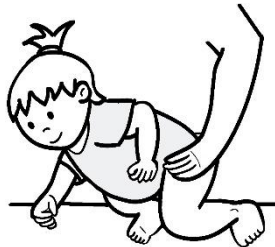
Please consult a health professional if you have concerns about your child's safety or development.

4-Point to Sitting

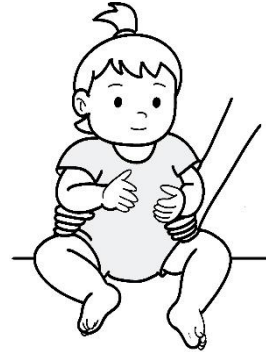
Help baby move from hands-and-knees to sitting. Practice going into sitting from both sides.



1. Start with baby in 4-point position. Support their hips as needed.



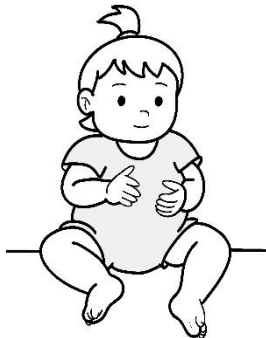
2. Slowly and gently guide their hips to one side, until their bottom rests on the floor. Baby can help by using their hand to push off the floor.



3. Baby sits.

Sit to 4-point

Help baby move from sitting to hands-and-knees. Practice getting into 4-point position on both sides.



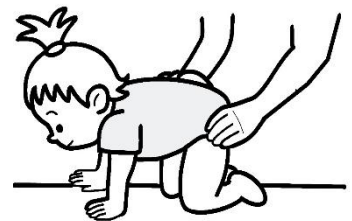
1. Start with baby in sitting. Place a toy off to the side.



2. Support baby at their shoulders or arms to turn toward the toy.



3. Guide baby to place their hands on the floor over their leg.



4. Help baby bring their shoulders over hands and their hips over knees.