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Can i put my 3 month old baby in a sitting position

Can i put my baby in sitting position. Can you sit a 3 month old baby.

Most children learn to sit alone sometimes between 4 and 8 months. But the process is gradual, and some children progress faster than others. We can give a boost to motor development by helping children build key muscles. When the kids sit alone? There's no universal answer. Around the world, about half of all newborns learned to sit independently at the age of 6 months. But some children reach this goal much earlier, as early as 4 months. And the other babies take much longer, 8 months or longer. Why does the timing vary so much? To some extent, the timing depends on genetics. For example, some children may be born with a genetic tendency to be more physically active. As a result, they get more exercise, and this helps them learn new motor skills at a faster pace. But it is also clear that the environment matters. A lot of money! For example, in a study of newborns living in the UK, researchers found that about half of the variation in sitting time was due to environmental differences. Some children grew up in environments that favored previous development (Smith et al 2017). So what is considered normal? When should a parent worry about the possibility of a developmental delay? Experts suggest the following general rule: If your child has not started to sit by 9 months of age, talk to your doctor. Your doctor may check your child for any problems. If something goes wrong, early surgery will help your baby get back on track. But there's nothing magical about nine months. If you see something bothering you, if something seems strange, you shouldn't wait until nine months. Especially if your child is approaching the 9 month mark and seems to have difficulty sitting with support. Trust your instincts and consult your doctor. What if your child is more than 9 months old? This doesn't mean your child has developmental problems. For many children, taking longer is just a reflection of their quirks and personal experiences. As we will see below, infants learn to sit earlier when they have greater opportunities to practice. And we can do a lot to help them. So why are we focusing on the nine months? And where do these other numbers come from? How do we know what's typical or normal? Ultimately, the numbers come from scientific surveys. Researchers recruit families with young children and monitor their development over time. Parents report when their children reach certain motor milestones. For example, in one study, the World Health Organization tracked down more than 1,100 children in six different countries. Every month, researchers asked parents about the motor development of their newborns. After collecting all data, the researchers found that about 95% of newborns had learned to sit (without assistance) between 4.3 months and 8 months of age. About the half of all the studio babies had learned to stand independently within 5.9 months of age. age. et al 2006). So numbers like these are those that experts use to make generalizations about what to expect. Aren't these numbers that tell us what "should" happen. These are numbers that tell us what actually happened... Children of children participating in a specific study. And here's what's interesting: we can get very different numbers depending on where we look. The age group is "normal" to sit is not the same in each country. Varies. Sometimes quite dramatically. And the map variation on what we know about local parental practices. To see what I mean, consider the West African country of Ghana. Image of the mother and child of Ghana, Anton Ivanov in Ghana, parents do not wait passively for their children to experience new motor skills! Like parents in many other African and Caribbean countries, they actively train their children. For example, caregivers use their hands and support objects to help young infants practice sitting vertically (Adolph et al 2010; Karasik et al 2015). And the result? In Ghana, the average age (average) to learn to sit independently is about 5.1 months. About 95% of children in Ghana reach the milestone of 3.5 to 6.7 months. On the contrary, take a look at a country in northern Europe - Norway. Parents in Norway usually take an approach of more "wait and see" approach to physical development. They do not train their children to sit in a vertical position and the results are very different: in the study of the World Health Organization, the Norwegian average child did not begin to sit independently up to about 7 months. And about a third of the children fail to reach the milestone until they had at least 8 months (Matorel et al 2006). So, if we used the data from Ghana to evaluate Norwegian children, we might think Norway is affected by development issues. A third of Norwegian children are so slow that they fall out of what we might call the "gamma of variations of variation" in Ghana. But do these children suffer from a medical condition? Are they challenged by a disease or a physical disability, or a cognitive disorder? In most cases, no. They are just taking more time "Very likely because they did not have the same opportunities to practice and develop their motor skills. How, therefore, can you increase the development of the child motor? How can you help your child learn to sit down? The key is to provide your child with the right type of physical activity - activities that recognize the current limits of your child, but also encourage your child to push those limits. Where to start? It is useful to understand the basic challenge that children face. To sit vertically, children need something to "hold" them. They need to build strength in the central muscles along the neck, the torso and the spine. And they develop this force at a time at a time, in a specific sequence "top-down" (PIN et al 2019): First, they build force in their neck muscles. Neck, begin to develop stronger muscles in the upper part (thoracic) of the trunk. Then, once they have developed a strong thoracic region, they begin to build the muscles of the lower trunk (the lumbar region). Many parents seem to have an intuition about this sequence. You can see it when they hold the children upright. When a child is very young and weak, parents usually hold the child on their shoulders. But as the child gets stronger, the parents cling to the top or middle of the back. And when a child is almost ready to sit unsupported, parents put their hands around the lower back or hips. So, if you pay attention to your child's movements, you'll quickly get an idea of where your child is in the sequence. You will get the feeling of which muscles are already strong, and which need conditioning. Here are some things you can do at any stage of the process. Six tips to teach children to sit erect 1. Help your baby develop strong neck muscles with "belly time". The safety experts invite us to put the babies on their back to sleep. This reduces the risk of SIDS. But when children are awake and alert, they benefit from controlled stomach sessions, especially if the caregiver makes it a fun and social experience. This "belly time" can speed up the development of some locomotive skills, such as crawling. And since belly time gives children the opportunity to develop greater muscle control and neck strength, it can help them prepare to sit alone (Kuo et al 2008; Hewitt et al 2020). Doesn't your baby like to be put on the floor? Alternatively, try lying down and place your baby on your chest. 2. Help your child strengthen the core muscles of the trunk with more belly time, and with opportunities to roll around. Rolling is another one of those driving milestones that can vary a lot over time. Some children can do it before 3 months. Others may take 6 months. But every time that happens, it's a big step towards being ready to sit down. That's because circling around it builds the strong core muscles that children need to stabilize themselves upright. 3. Give your child a taste of what it feels like to sit down. It becomes a living chair. This is a common technique in cultures where parents take a proactive approach to motor development (Adolph et al 2010). Babies aren't just cradled and carried. They are also positioned vertically, seated, on the knees of the caregiver. The adult holds the child in position, and it becomes a kind of living chair, on which the child can lean. Do you want to follow another cue from "proactive" cultures? Try to get him to sit down. baby on the ground, with furniture, pillows or other props to prevent your child from getting up (Karasik et al 2015). If you try this method, your child should already have strong neck muscles, and you should have noticed that your child is beginning to develop control at the top of the chest (see above). In addition, not to leave your child alone. It's something you and your child will do together. And when in the first place you start these sessions, they will be very short. Your child is learning to cope with gravity, learning how to counter each small shot and inclination. Stay erect requires instant adjustments in the rigidity of many different muscles. It's a nice trick! So when the child walks away from the supports, there is no wonder if the child manages to stand only for a few seconds at a time. But those moments, however fleeting, are quite long to make a difference. With practice and exercise, your child will develop more strength in the muscles of the thoracic and lumbar regions, and will be able to sustain longer sitting attacks. 3. Watch for "sitting at tripod", an initial sitting stage in which children use arms to sustain themselves. Now, "Time of belly" is better defined "Time of belly" because your child is able to sit alone, at least for short periods of time. At the beginning, the position of the child will probably seem bent or folded forward and the child may need both hands on the ground to stand. But your child will start experimenting with the lifting of a hand and slowly learn how to regulate the balance of him. You can encourage this process by playing face to face with your child and offering it interesting objects to hold in your hand. And this takes us to my last suggestion "Sit to Talk". Try to understand how your child's world is changing. Prepare to provide your child new learning opportunities! Sitting, not resting, is more than a motor milestone. It is also a trigger for new environmental experiences that can give your child a cognitive thrust. Once the newborns can sit without having to use your hands to keep the balance, it is easier for them to reach objects. For them it is also easier to manipulate and visually examine objects, and this helps them know the objects (Woods and Wilcox 2013). It is also likely to sitting to help newborns to learn the language. For them it is easier to establish a visual contact, and this can stimulate a greater conversation face to face with those taking care of them. They expand as many words, and begin to learn new words at a faster pace (libertus and violi 2016). So it's ready to provide your child the social and cognitive sitting stimulus rewards. Don't leave your child alone in the chair with nothing to do. Encourage your child to study, observe, communicate and learn. Read more about your child's development Do you have other questions about your child's development? Give a look at these parenting science articles: References Adolph Ke, Karasik LB, TamS-Lemonda CS. 2010. 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