

Sitting

The ability to sit follows progressive head control and straightening of the back (Fig. 9-5). For the first 2 to 3 months, the back is uniformly rounded. The convex cervical curve forms at approximately 3 to 4 months old, when head control is established. The convex lumbar curve appears when the child begins to sit, at about 4 months old. As the spinal column straightens, infants can be propped in a sitting position. By 7 months old, infants can sit alone, leaning forward on their hands for support. By 8 months old, they can sit well while unsupported and begin to explore their surroundings in this position rather than in a lying position. By 10 months old, they can maneuver from a prone to a sitting position.



FIG 9-5 Development of sitting. **A**, The back is completely rounded, and the infant has no ability to sit upright at 1 month old. **B**, At 2 months old, the infant exhibits more control; the back is still rounded, but the infant can try to pull up with some head control. **C**, The back is rounded only in the lumbar area, and the infant is able to sit erect with good head control at 4 months old. **D**, The infant can sit alone, leaning on the hands for support, at 7 months old. **E**, The infant sits without support at 8 months old. Note the transferring of