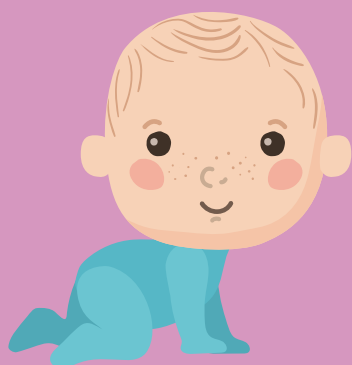


CRAWLING

Activities for Home



REMINDERS

- Crawling is an important milestone in your baby's sensory and developmental journey
- Crawling usually refers to "army crawling" with the belly on the floor
- Crawling with the belly off of the floor is sometimes called "creeping"

LIFTING HEAD WHILE LAYING ON TUMMY

- Practice for little spurts often throughout the day
- Make sure baby's head rests to the side for breathing when taking a break
- You can lay the baby belly down on your lap or chest
- Use a tummy time mat or a homemade version

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LIFTING HEAD WHILE UP ON ELBOWS

- Practice for little spurts often throughout the day
- Make sure baby's head rests to the side for breathing when taking a break
- You can help position baby on a rolled up towel or on a yoga ball
- Make it more enjoyable for baby with an activity mat, mirror, toys, singing, and seeing your face

ROCKING TO CRAWL ON THE BELLY

- Give baby time to practice and keep trying
- Help by placing a rolled up towel or yoga mat under baby's belly
- If you can, crawl on your belly to show your baby what to do
- Make it more fun by placing toys just out of reach

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UP ON HANDS AND KNEES

- Sometimes called "up on all fours"
- May need you to help hold and steady their belly as they lift up and start to move/rock
- Mirrors, activity mats, toys out in front, stories/singing can make this activity more fun for your baby
- If your child is struggling, see if they need help supporting their shoulders or hips, a therapist can help, too

CRAWLING ON HANDS AND KNEES

- Show your baby what to do
- Expose your child to different textures (grass, bubble wrap, carpet)
- Musical toys
- It's time to make sure your home is properly child-proofed for safety

5



WHY CRAWLING?

- Crawling is good for your little one!
 - Gets them moving sooner than waiting for walking
 - Good exercise
 - Excellent sensory experience
 - Helps develop coordination

CONSIDERATIONS

- All activities should be done with adult supervision for safety.
- As always, these activities are not a substitute for medical care and should not be done without parent supervision. Please, always seek the advice of your medical team before implementing any of the strategies discussed here