

HOW TO HELP A BABY LEARN TO CRAWL

Crawling is the foundation of many important pieces of development including: bilateral coordination, integration of primitive reflexes, motor planning, hand eye coordination, core strength, reciprocal arm and leg movements, hand strength, balance, and more!

Encourage climbing

Place some pillows on the floor and create a crawling obstacle course in which your baby has to negotiate up and over those pillows to get to their desired location. Work on climbing up stairs. It is impossible for a baby to creep up the stairs without weight bearing through her hands and knees.

Work on crossing midline

Encourage your baby to cross the midline using activities in sitting or supported side sitting, which encourages weight bearing through weak arms. It also allows work on trunk rotation for transitions from sit to 4 point or kneeling. To practice, place a toy on one side of your child's body, just out of reach, while you sit on the other side. Have her get the toy and hand it to you.

Push a laundry basket

Give your baby some great proprioceptive input through his hands, elbows, and shoulders and some great core strengthening by having him push basket weighted down with a few toys across the floor. Additionally, it will be next to impossible for him to move that basket without being up on his knees (or his feet).

Model it

Babies love to please their parents and recognize the pride on your face when they do something well! Just being in a quadruped position yourself will encourage your little one to get there too! Play a game of peek-a-boo in this position or have a crawling race to get their preferred toy.