

From Tummy to Toes

Let Me Move In Different Ways:

I have a lot to learn before I can walk on my own:

- Sit me on your lap, bounce me, and tilt me from side to side, forward and backwards
- Help me strengthen my arms when I'm on my tummy. Put me on a wedge or binder to lift my shoulders. This will help me push through my arms and reach for objects
- When I'm on my back, encourage reaching and grasping for toys too. Move them away from my reach, so I can try to roll over onto my tummy
- Put me in the crawl position on your lap, over your legs. Help me rock forward and back in this position
- I may start by crawling forward on my belly (commando crawl). Help me by bending one leg up, and then the other.

To Help Me Stand:

- Encourage me to play in a tall kneeling position (use a bottom step, or low table)
- Encourage me to reach for toys, by squatting to pick them up on the floor
- Practice standing with me at a patio door/mirror/fridge.
- Practice standing with my back against a wall



To Help We Walk:

- Provide heavy boxes (e.g. a full diaper box, laundry basket for me to push)
- Encourage gliding sideways at a couch or table, and to the next piece of furniture
- Proceed to move furniture farther apart to promote independent steps

Practice Walking With Me:

- Hold my hands out front
- Then my shoulders
- When I am more steady, support me less, and try holding an object that I am holding

Before you know it.....Away I go!!!