

# WALKING TIPS



## MAKE A GAP

As your baby gets more confident with cruising, start widening the gaps between furniture so they have to let go and take a step. Gradually increase the distance to encourage more steps. Take it slow—this may take a few days. It's all about building their confidence to step on their own!



## BACK IT UP

If your baby leans forward onto the couch or wall, try turning them so their bottom is touching it instead. Hold out your hands or a toy in front to encourage them to take a step into open space. Just make sure their feet are under their hips to start!

## HOLD ON

Giving your baby something to hold can ease the fear of walking without support. Try handing them a small ball in each hand, or offer a broomstick or hula hoop instead of holding their hands. Keep your support low to the ground so they use their own balance—lifting them too much can make them rely on you instead of their body.



Are you worried about your baby?

Call 0478 631 113, or visit  
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