

CRUISING TIPS

STRETCH AND REACH

At a soft, raised surface like a couch, place your baby's favourite toy just out of reach. As they stretch toward it, they'll naturally take a small step sideways. Let them take a few steps one way, then move the toy to the other side to encourage steps in both directions.



WEIGHT SHIFT

If reaching with their arms isn't enough to get those little feet moving, gently help by guiding your baby's hips. If they're reaching for a toy on the left, shift their weight to the right by moving their pelvis over their right leg. This frees up their left foot to take a step!



CRUISING COURSE

Encourage your baby to cruise longer distances by using yourself as motivation! Sit a little further away and let them cruise toward you. You can also set up a little obstacle course using sturdy furniture like low shelves, chairs, or coffee tables. This helps build the leg strength they'll need to walk on their own later.



Are you worried about your baby?

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Paediatric Physiotherapy in Perth Northern suburbs