

# CRAWLING TIPS



## MOVITATED CRAWLING

Place a favourite toy (like a teddy) just out of your child's reach while they are on their hands and knees. Encourage them to move forward to get it. Once they reach the toy, move it a little further away to keep them going.



## ROCK AND CRAWL

Place your child on their hands and knees. Gently place one hand on their hips and the other on their shoulders and slowly rock them forwards and backwards. Encourage them to shift their weight onto their hands and then back towards their knees.

## THERAPY BALL ROCK

Place your baby on a therapy ball (or a large, firm exercise ball) on their tummy or in a supported hands-and-knees position. Gently rock the ball forwards, backwards, and side to side while supporting them at the shoulders. This activity can also be done across a large firm couch cushion.



Are you worried about your baby?

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