



Supporting your child in a crawling position

Aim: To encourage weight bearing through arms and legs ready for crawling. To improve core stability.

Activity: Encourage the child to move into a crawling position on their hands and knees as shown in the photograph. You may need to assist your child into this position.

Encourage them to push through their hands and straighten their elbows to maintain the position. Their knees should remain under their hips.

You may need to support the child around their trunk or hips to help them to hold this position. Try getting the child to hold this position for around 5-10 minutes intermittently whilst playing games or activities.