

Exercises To Support Cruising And Walking In Babies

Single leg balance



- 1 Let the baby stand holding a surface like a table or couch.
- 2 While resting their hands on the surface, encourage the baby to put one foot on a box or step.
- 3 Once the baby can stand on one leg with support, raise the height of the box or step to improve balancing.

Squats



- 1 Let the baby stand holding on to a couch or firm object.
- 2 Keep an enticing object on a surface, say a low-height table, and motivate the baby to bend and pick the object while keeping one hand on the couch.
- 3 Once the baby can bend while keeping one hand on the couch, keep the object at a lower height, say ground, to raise the exercise's difficulty level.

Assisted steps



- 1 Grab a hula hoop from one side and encourage the baby to walk while holding the hoop from another side.
- 2 Ensure to keep the hoop at the baby's shoulder level to prevent injury due to imbalance.