

Ways To Encourage Your Baby TO CRAWL



Give them tummy time

Strengthens muscles and prepares the body for complex movements such as crawling.



Enhance curiosity

Encourage babies to reach for objects by placing the objects around them.

Help them sit

Get them to a sitting position as it helps improve the strength of the back muscles.



Encourage them to creep

Creeping movement helps the baby learn to move forward.

Make crawling interesting

Strengthens muscles and prepares the body for complex movements such as crawling.



Ensure safety at home

Move furniture, obstacles, or choking hazards from your baby's way as they crawl.

Do not use baby walkers

They may delay crawling and walking.



Reference

1. Learning to crawl; Pregnancy, Birth and Baby