TIPS TO ENCOURAGE STEPPING REFLEX IN BABIES

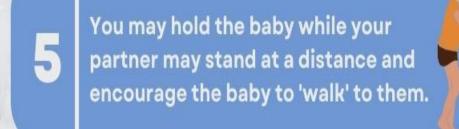


Set a dedicated amount of minutes each day when you hold the baby to practice the stepping reflex.

Practice the stepping reflex when the baby is most alert so that they respond better.

Encourage the baby to step by giving them prompts, including words of encouragement.

Practice the stepping reflex on a soft surface, such as a mattress, so the surface is gentle to the baby's feet



You may move the baby forward while holding them under their arms when they perform the stepping reflex. It may give a sense of motion and help the baby correlate stepping with movement.

Never leave the baby on their feet, even for a few seconds, since they cannot stand yet.

References

1. The development of motor behavior; National Library of Medicine



Source: https://www.momjunction.com/articles/baby-stepping-reflex-definition-when-it-stop_00738384/