

TIPS TO ENCOURAGE STEPPING REFLEX IN BABIES



1

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



2

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



3

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



4

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



5

You may hold the baby while your partner may stand at a distance and encourage the baby to 'walk' to them.



6

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.



7

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