



From Crawling to Walking

Practice supported steps after crawling.

Helps Your Child Grow



Gross Motor

Moving along a stable support gives your baby practice coordinating their hands, legs, and trunk as they progress from crawling toward supported walking.

Steps

- As your baby moves from crawling toward supported walking, they discover that standing and stepping can take them to new places. Here is a playful way to support that transition.
- Create opportunities for your baby to cruise along sturdy furniture, such as a sofa or secured playpen. Place a motivating target at the other end - a favorite toy, a bottle, or a family member calling gently.
- When your baby pulls to stand, say, "The toy is over there. Let's move toward it slowly," and encourage them to hold on as they step sideways.
- If they lose balance, sit down, or switch back to crawling, let them use whichever way of moving feels comfortable.
- With repeated practice, your baby can gradually coordinate strength and balance and move more comfortably between crawling and supported walking.

Tips

- Place the interesting object only a few steps away from your baby. A small, achievable distance matters more than a long challenge.

Observations

- Takes several steps while holding on to furniture
- Looks at you happily after receiving the toy