



My First Belly Crawl



My First Belly Crawl

Place one toy just within reach, then another a little farther away. Follow your baby's effort and offer gradual support as they work toward a toy.

Helps Your Child Grow



Gross Motor

Supporting with the arms, pushing with the legs, and using the abdomen to move forward gives your baby practice coordinating the large muscles involved in belly crawling.



Cognitive Self-Regulation (Executive Functioning)

Reaching toward a favorite toy gives your baby a clear goal that can hold their interest through repeated attempts to move closer.



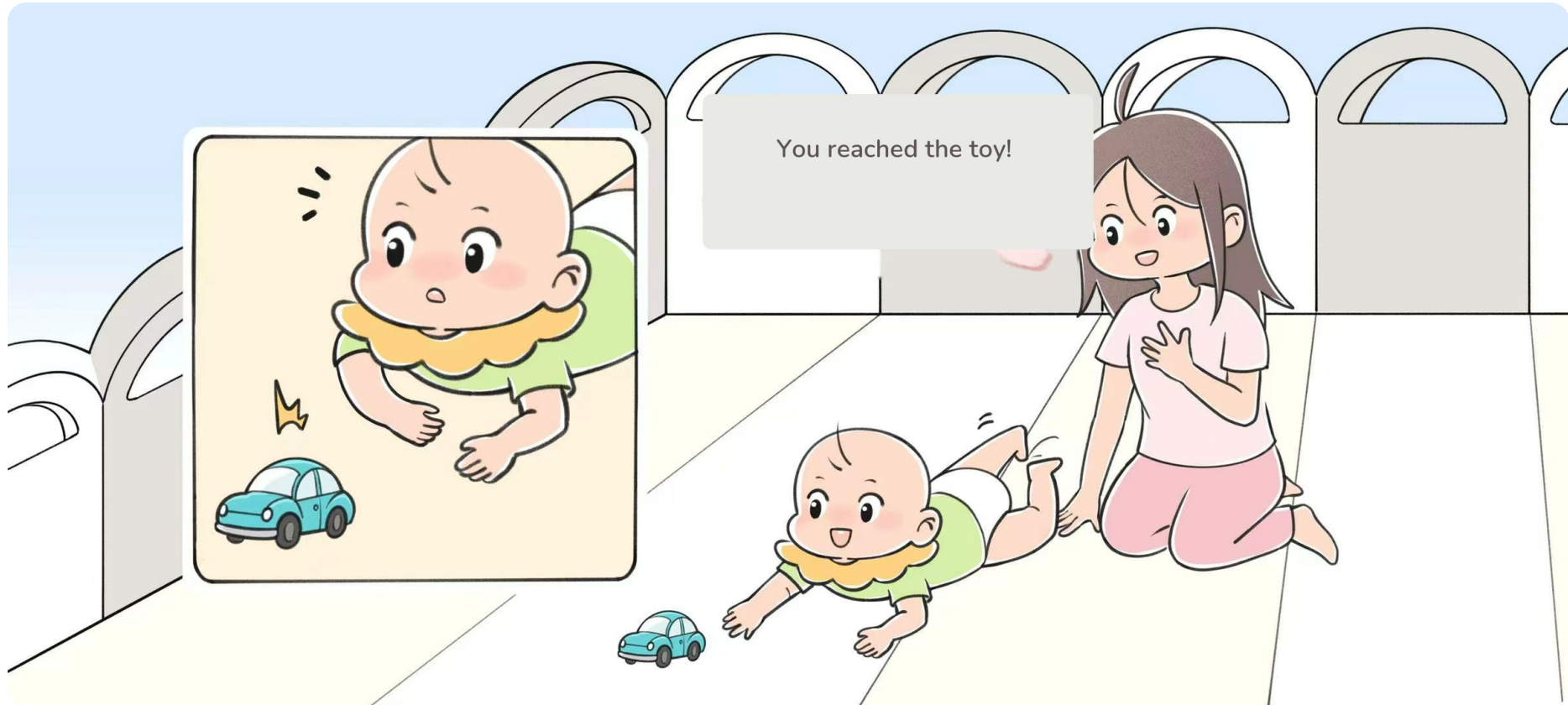
What You'll Need



Two toy cars

What You'll Need

1. Two toy cars



Look for Readiness

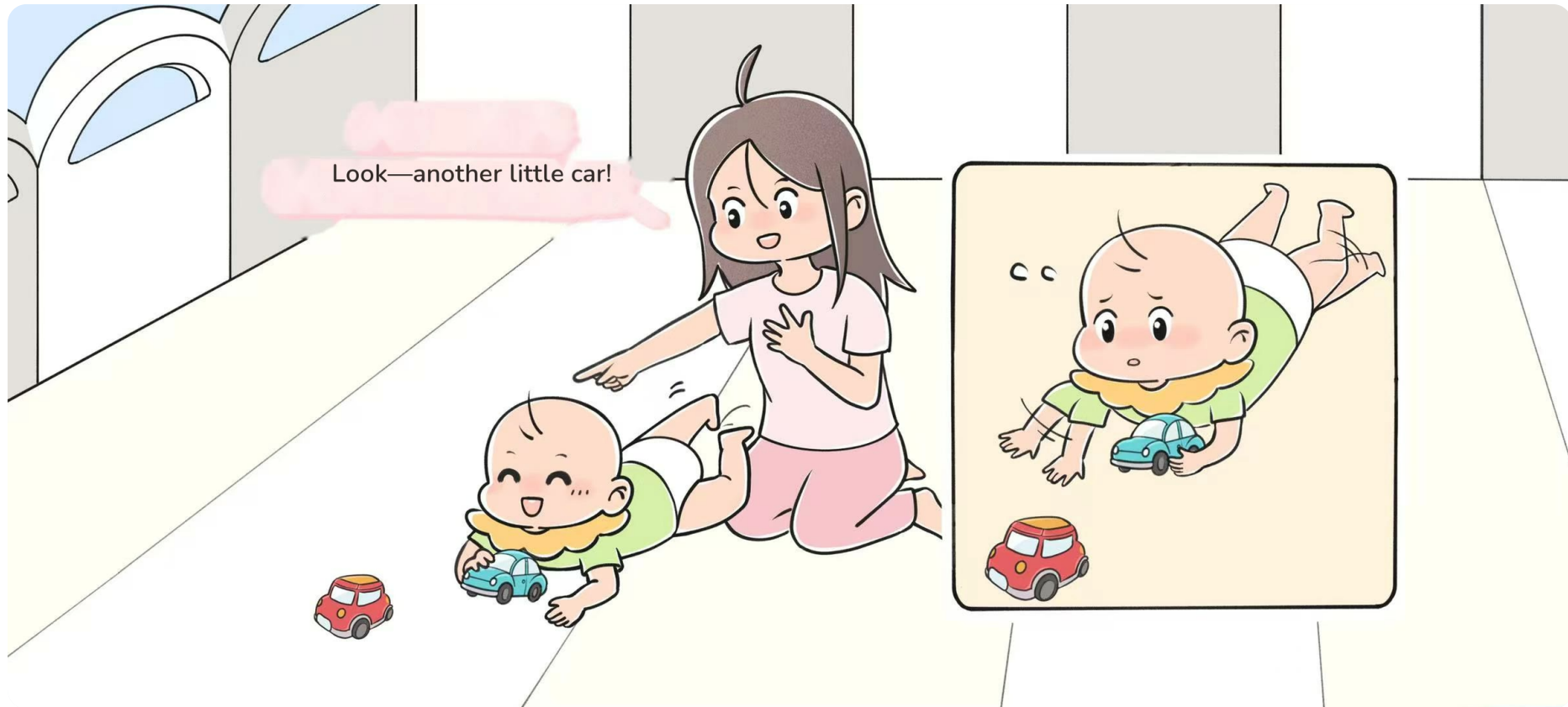
Place one toy where your baby can almost reach it during tummy time. If they wave their arms and legs, reach forward, or wriggle closer, they may be ready to practice belly crawling. Follow the effort with warm encouragement.

Observations

- Reaches an arm toward a toy while lying on their belly
- Reaches toward a favorite toy

Tips

- Reaching, pushing, and wriggling toward a toy are useful signs that your baby is ready for the next small movement challenge.
- Choose a toy your baby already likes so the desire to reach it provides a natural reason to move forward.



Try a Little Farther

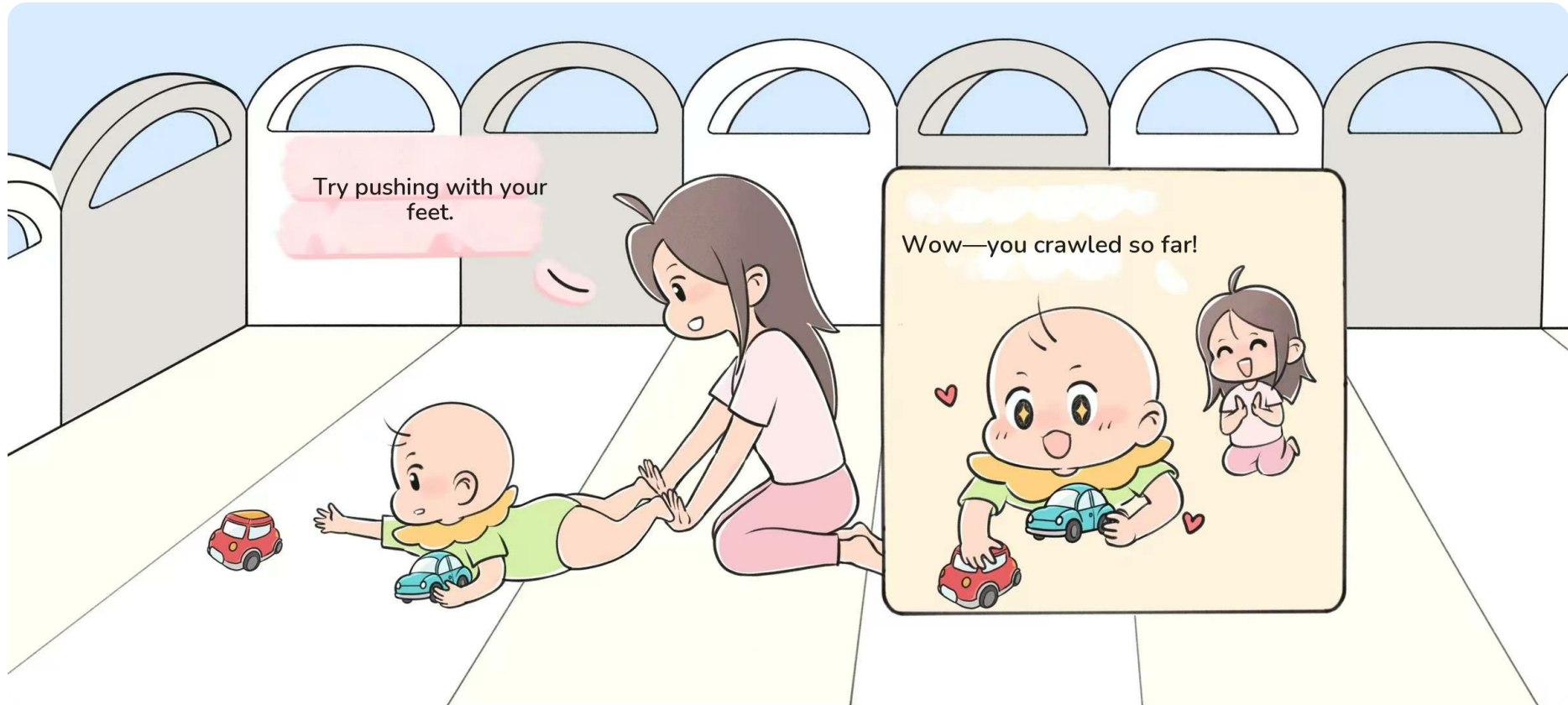
After your baby reaches the first toy, let them enjoy it for a while. Then place the second toy slightly farther away. Wait and watch for stronger leg pushes, small knee movements, or another attempt to move forward on the belly.

Observations

- Pushes with their legs or arms and moves forward a little
- Looks toward you for help when the toy remains out of reach

Tips

- Distance matters. Place the toy close enough to feel possible but far enough to require a small forward movement.
- Alternating between two toys can renew your baby's interest and invite another movement attempt.
- If your baby becomes frustrated or no longer wants to crawl, pause and play with the first toy. Begin again only when they are interested.



Support the Push

If your baby kicks in the air without moving forward, place your palms against the soles of their feet. Your hands give them a surface to push against while they move their own body toward the toy. Celebrate the effort when they reach it.

Observations

- Keeps moving forward until they reach the toy
- Looks toward you and smiles after reaching the toy

Tips

- Offer a surface for your baby to push against, but do not push their body forward for them.
- Reduce support gradually as your baby gains control. Begin by removing one palm; when they can push forward repeatedly, let them try without your hands.