



My First Hands-and-Knees Crawl

Support your baby's chest and belly with a folded bath towel while they press through their hands and knees. Gradually reduce the support as they move toward a favorite toy.

Helps Your Child Grow



Gross Motor

Gentle support under the chest and belly helps your baby find where to press through the hands and knees and practice coordinating the limbs for crawling.

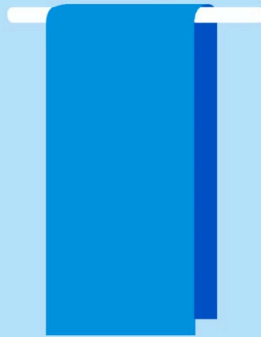


Cognitive Self-Regulation (Executive Functioning)

Moving toward a toy while the amount of support changes gives your baby experience adjusting their effort and continuing toward a goal.



What You'll Need



Bath towel

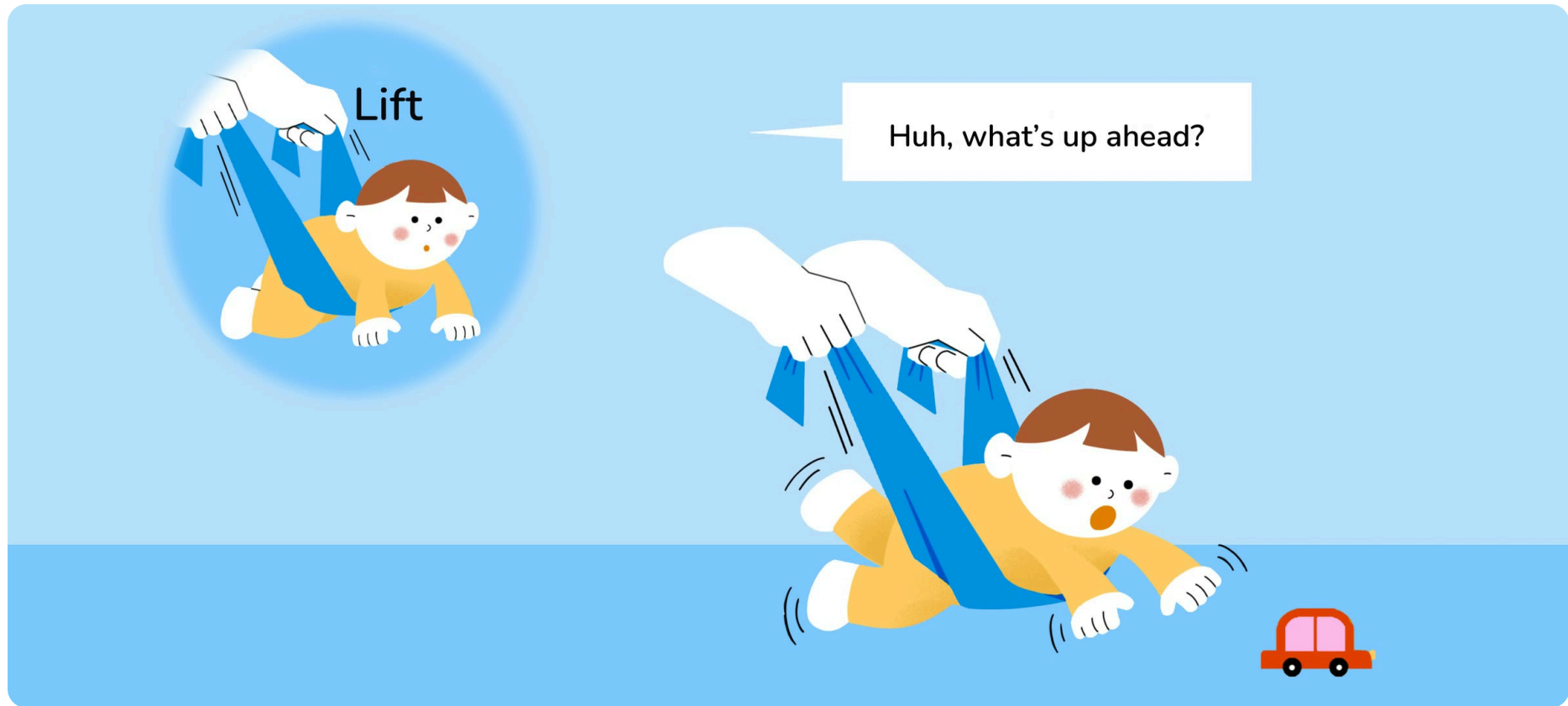


A toy

What You'll Need

1. A bath towel

2. a favorite toy



Feel the Hands-and-Knees Position

Fold a bath towel lengthwise and pass it beneath your baby's chest and belly. Lift gently so the belly clears the floor while the hands and knees remain down. Place a favorite toy ahead as a reason to move forward.

Observations

- Looks toward and reaches for the toy ahead
- Presses up through the upper body while the towel is positioned beneath them

Tips

- If forward movement is still new, begin with belly crawling before using this activity to explore hands-and-knees support.
- Do not move your baby immediately after lifting. Wait for a hand press, knee tuck, or forward effort, then follow their rhythm.



As your baby supports more of their weight, gradually reduce the towel's support.



Let Your Baby Do More

As your baby moves toward the toy, travel forward with the towel. Notice how much weight they support. When their arms and knees press more firmly, lighten your lift so more of the effort returns to them.

Observations

- Changes how they press and attempts to move forward
- Finds a way to move closer to the toy

Tips

- Use the towel to support weight, not to pull your baby forward.
- If your baby stops pressing and rests fully in the towel, pause. Continue when they make another effort to move.



Gradually Release the Support

When your baby reaches the toy, name what their effort achieved. Repeat the route, reducing towel support over several successful turns. When they can hold their body more independently, remove the towel and invite a hands-and-knees crawl toward the toy.

Observations

- Crawls toward the toy on hands and knees
- Continues crawling to reach the toy

Tips

- The towel does not need to disappear in one turn. Reduce help gradually across several attempts.
- After your baby reaches the toy, give specific encouragement so the effort and result are connected.