



Crawl Over a Pillow Hill

Crawl up, over, and down a soft pillow hill.

Helps Your Child Grow



Gross Motor

Climbing over the pretend hill gives your baby repeated practice changing posture and coordinating movement with the shape of the surrounding surface.

Steps

- Place a firm cushion a short distance from the sofa as a little hill, with chairs at the sides to mark the route. Put a favorite toy on the sofa and invite your baby to crawl, step over, or go around the cushion.
- Mom waits near the sofa with the toy and calls your baby closer.
- Let your baby choose a route. They may hold the cushion and step across, climb with hands and knees, or walk around it.
- If the movement is difficult, offer one clue - "Try holding here," or "Lift your foot" - and give light physical support only as needed.
- When your baby reaches the toy, celebrate: "You got it!" and offer a hug.
- If they want another round, make a small change to the cushion setup while keeping the route stable.

Tips

- As your baby climbs over the "hill," encourage them to hold the edge or surface of the cushion. They may discover that this extra hand support helps them slip less and keep their body steadier.

Observations

- Adjusts their posture and tries different ways to climb over
- Crawls toward you when you call