



Crawling Adventure Trail

Today's task: climb up and down to find treasure

Helps Your Child Grow



Gross Motor

Crawling over, under, and through a simple obstacle course helps your baby build strength, coordination, and control in whole-body movement.

Steps

- As crawling over a pillow becomes easy, your baby may be ready to explore a more varied obstacle path.
- Arrange stable, child-safe objects such as low stools, cushions, and a small table inside the play area. Open the gate as the finish and wait there with a favorite toy.
- When your baby sees the toy through a gap, let them work out a route - perhaps crawling under the table or over a cushion.
- Add soft obstacles at different heights, such as a low foam block or folded blanket, to vary the movements.
- If your baby remains interested, rearrange the path and let them choose where to crawl next.

Tips

- Build the obstacle route with stable furniture or nonslip cushions. Avoid sharp corners and objects that can tip over.
- Stay close when your baby climbs or crosses an obstacle so they feel secure as they try.

Observations

- Keeps climbing up and down to reach the exit
- Keeps trying after being unable to climb over an obstacle