



## Take the First Step

Use a toy and two pieces of sturdy furniture to invite weight shifts, sideways cruising, and a turn between supports. Gradually widening the gap can create an opportunity for a first independent step.

### Helps Your Child Grow



#### Gross Motor

Reaching, cruising, turning, and stepping between supports gives your baby practice shifting weight, coordinating their body, and using their leg muscles for early independent steps.

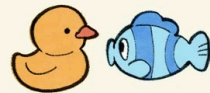


#### Cognitive Self-Regulation (Executive Functioning)

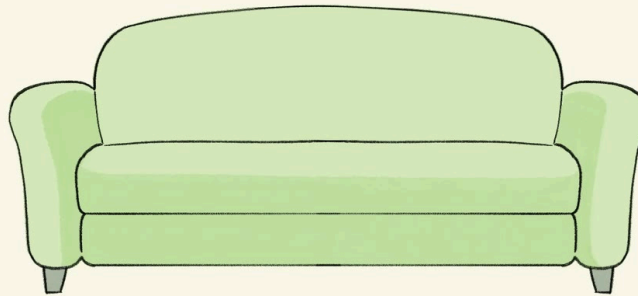
Following the toy through a gradually harder sequence gives your baby experience adjusting how they move and persisting with a reachable challenge.



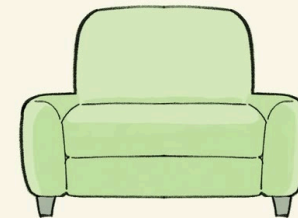
## What You'll Need



Toy



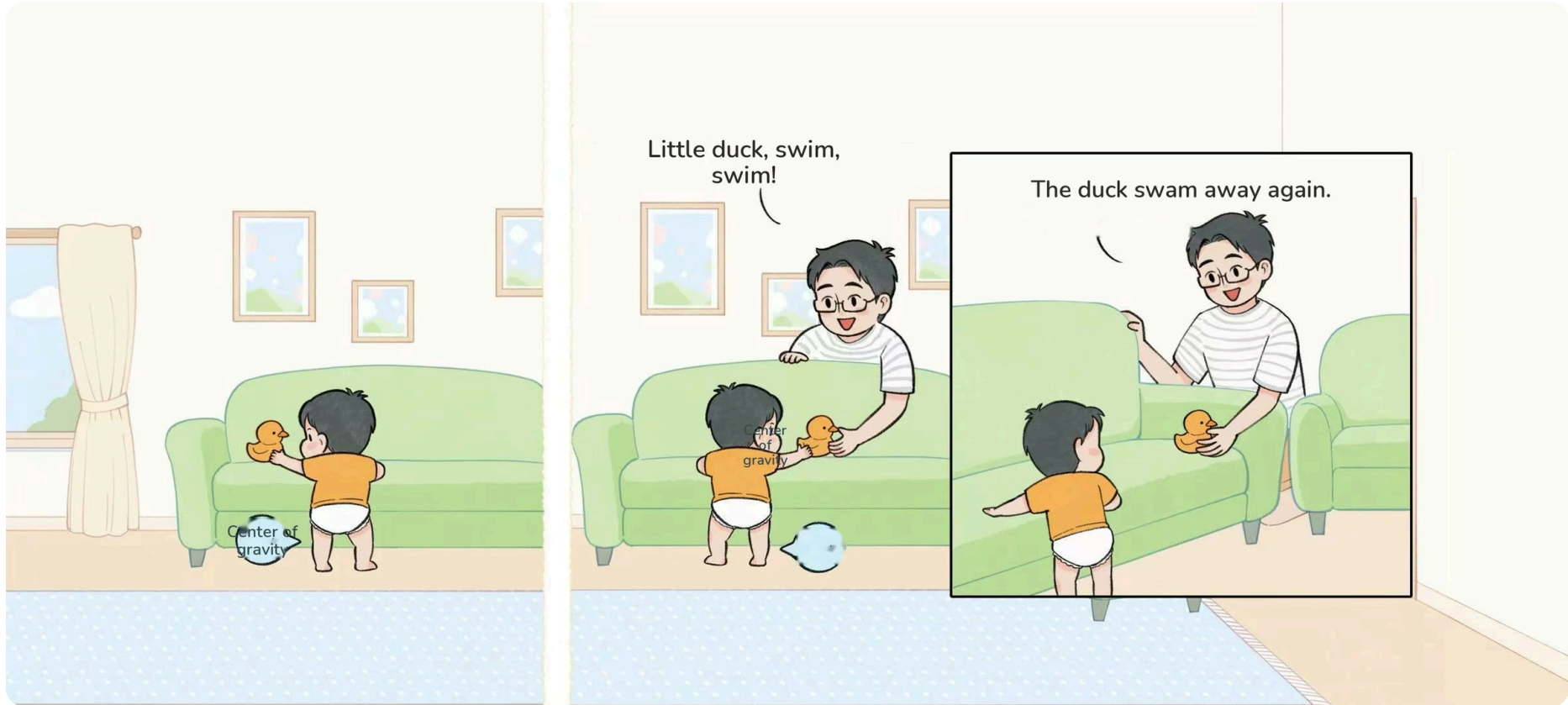
Sofa



Chair

## What You'll Need

1. A favorite toy
2. a couch
3. a sturdy chair



## Move with the Toy

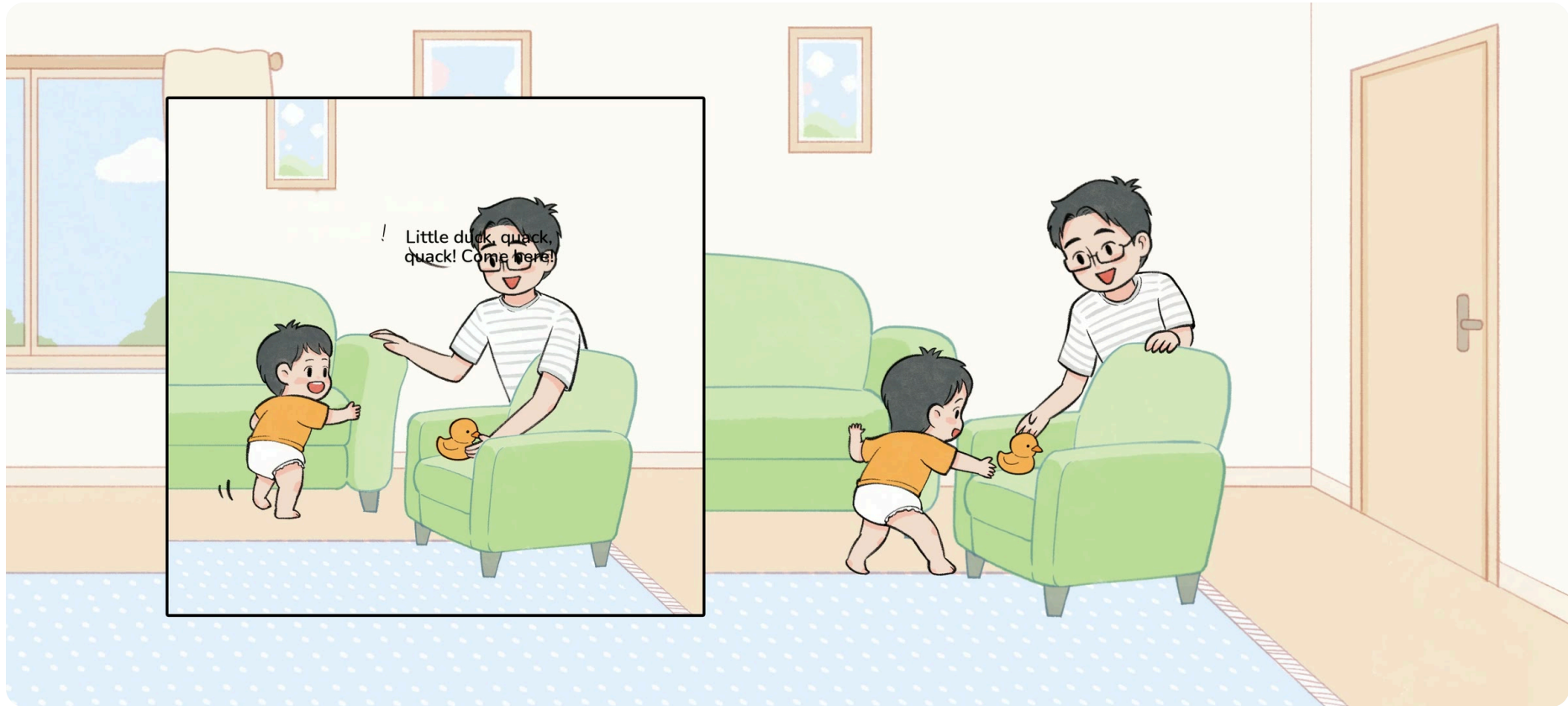
Once your baby can stand while holding furniture, place a toy slightly in front and to one side. Invite them to keep one hand on the couch and reach with the other. After several reaches, move the toy farther along the couch so they cruise sideways to get it.

### Observations

- Shifts weight onto one leg to reach a toy at the side
- Reaches toward the toy when they see it

### Tips

- Switch the toy between left and right so both sides have a chance to support and move.
- Keep the toy within a motivating distance: not close enough for an immediate reach and not so far that crawling becomes the easier choice.



## Cruise Around a Corner

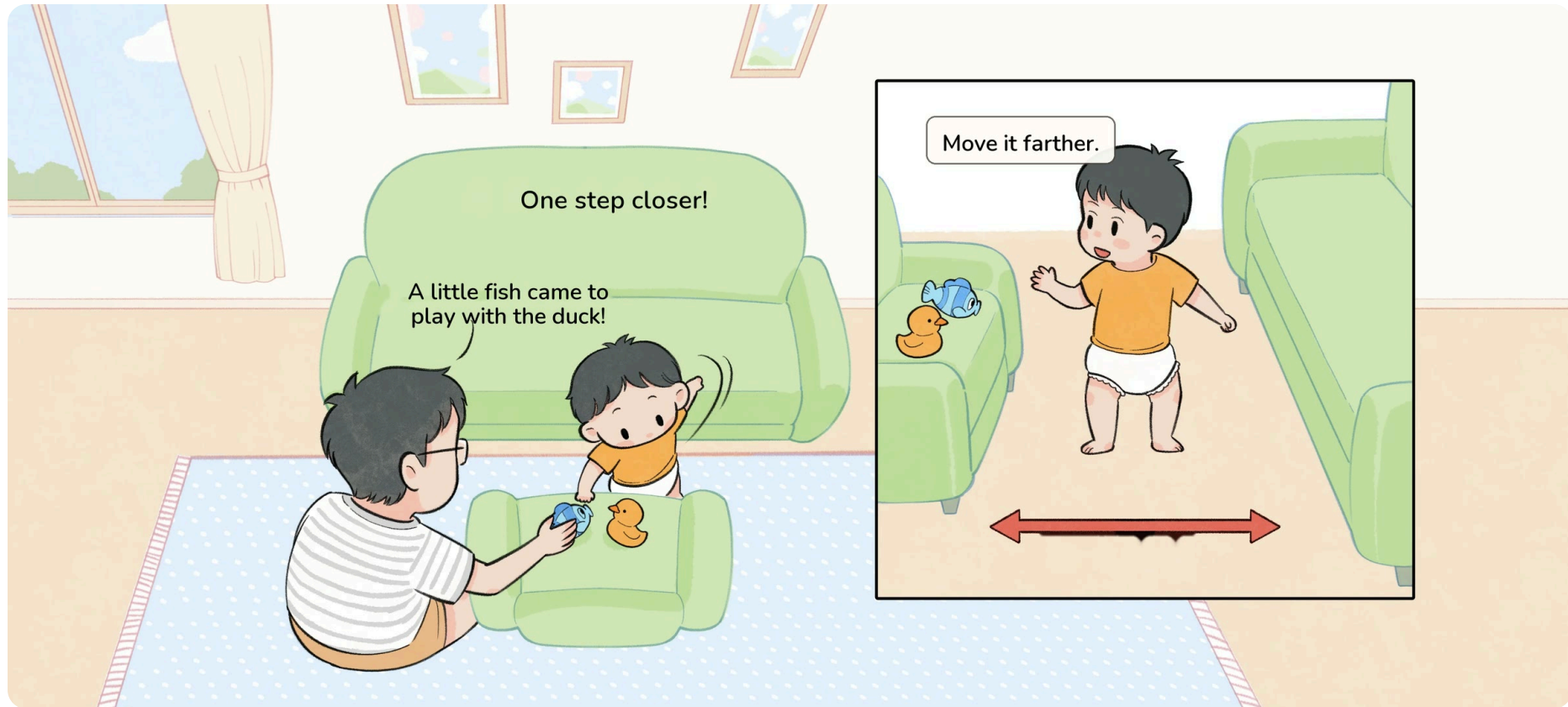
Place a sturdy chair beside the couch to form a right angle, with both supports within reach. Put the toy on the chair and invite your baby to cruise from the couch to the chair. Move the toy back and forth between the two supports for several turns.

### Observations

- Moves between two nearby supports with one hand on each
- Keeps attention on the toy while moving toward it

### Tips

- This step lets your baby experience moving across a small gap while both supports remain available.
- Keep the furniture close enough for your baby to touch one support with each hand.



## Turn into a First Step

Move the chair opposite the couch, beginning close enough for your baby to reach both. Place the toy on the chair behind them and invite a turn from the couch. As the movement becomes familiar, widen the gap little by little and watch for a step between the two supports.

### Observations

- Turns back and forth between the two supports
- Attempts a step even when moving between the supports is difficult

### Tips

- If your baby is not ready to walk independently, pause the progression. Strength, balance, and coordination continue developing with time.
- When a first step appears, celebrate the movement.
- Let your baby enjoy the toy after each reach before moving it again, or switch to another toy to renew interest.