

Let your child explore...

Have Fun, Connect and Wonder, Pause and Wait

Let me move in Different ways

I have a lot to learn before I can walk on my own...

There are many things we can do together...

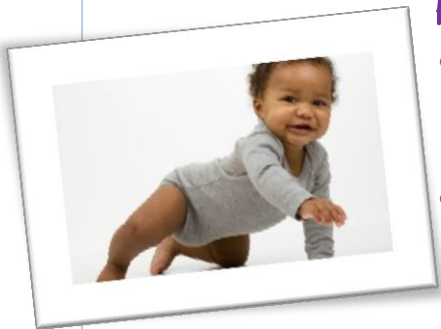
Help me sit:

- Sit me with my hands in front of me on the floor
- Sit on the floor with me between your legs to play
- Sit me with a nursing pillow behind or in front of me
- Have me reach to my side and behind for toys
- Put me through the steps of movement e.g. show me how to get up to sitting by rolling to my side and pushing up
Show me how to get from sitting to my belly by reaching out my hands to the side first



Help me crawl:

- Put me in the crawl position on your lap or over your legs. Help me to rock forward and back in this position
- I may want to start by crawling forward on my belly (Commando crawl). Help me by bending one leg up, and then the other



Practicing different movements is important because:

- You can share my excitement when I discover that I can move
- You can help me get to where I want to be
- You can help me learn to sit and crawl...then walk

