

WHY DO™

AND

HOW TO™

Crawling

FREEBIE



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All activities suggested in this workbook assume close adult supervision. Close supervision for the purpose of this workbook and its content is defined as within arm's reach of your child. NewDay Child Coaching does not assume any liability for accident or injury resulting from replicating any activities found in this workbook. Use your best judgement for all activities demonstrated in this workbook. Please use caution when completing the mentioned activities. Be The Catalyst International, LLC is not responsible or liable for any injury, ailment(s), or risk incurred as a result of participating in the activities. If any adverse effects are observed when completing activities, stop participation immediately and consult your pediatrician, or care team before continuing. Participating in these activities can help improve participation in this common routine/activity but will not "cure" or "treat" any condition.

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This guidebook is designed to be simple and accessible, helping families implement functional activities into daily routines. For questions or comments regarding NewDay Child Coaching's WhyDo™+HowTo™: Crawling, please contact: help@NewDayChildCoaching.com.



OTHER RESOURCES

Other resources from NewDay include:

**NewDay's Live
Deep Dive Discussions:
Unpacking Toys: Part 1**
0-18 months



Watch &
Follow Us on
YouTube

**NewDay's Live
Deep Dive Discussions:
Unpacking Toys: Part 2**
18+ months



Watch &
Follow Us on
YouTube

**Ask The Expert™:
Pelvic Floor Health
with Angela, DPT of
@ActiveMotherhood**



Watch &
Follow Us on
YouTube

**WhyDo™+HowTo™:
Responsive Feeding**



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Speechie Side Up**



Listen To Our Interview

**Blog Post:
ARK Therapeutics**



Read Our Thoughts



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Hello!

Welcome to our Why Do & How To: Crawling! At NewDay Child Coaching, we're thrilled that you chose us to shine a light on the importance of crawling for your child's development. Our mission is to provide you, parents, with the tools and wisdom needed to nurture your child's development. Get ready to learn how to champion your little one through unforeseen crawling challenges, and gain the information needed to be able to play with your child at their developmental level. Join us in the exhilarating journey as you embrace the sunrise of teaching your baby to crawl!

Rachel Lynn , Amanda Rae , and Amber Michelle

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Pre-Workbook Knowledge Check

At what age do most babies typically start crawling?

- ☐ 6-9 months
- ☐ 7-10 months
- ☐ 10-12 months

What are some potential benefits of encouraging crawling?

- ☐ Improved coordination
- ☐ Strong core muscles
- ☐ Proper hand writing
- ☐ Enhanced language development
- ☐ Faster left/right brain communication
- ☐ All of the above

How can parents support and facilitate their baby's crawling skills?

- ☐ Always carry the baby to prevent crawling-related injuries.
- ☐ Create a safe and stimulating environment for play.
- ☐ Introduce solid foods early to boost energy for crawling.

During tummy time, what can parents do to encourage crawling ?

- ☐ Minimize tummy time to avoid frustration.
- ☐ Avoid placing baby on a firm surface.
- ☐ Place colorful toys just out of reach to motivate movement.

Old Way vs. New Way

This section delves into the shift from traditional perspectives to a more comprehensive understanding of crawling. The "Old Way" may have viewed crawling solely as a physical milestone, overlooking its multi-faceted impact. In contrast, the "New Way" encourages a holistic approach, recognizing crawling as a key player in cognitive, motor, and sensory development. Let's journey together, breaking free from narrow viewpoints and embracing the wealth of benefits a multi-disciplinary approach to crawling can offer in nurturing your child's overall growth.

THEN

Crawling is just a gross motor milestone because it helps them move.

It's okay if your child skips crawling, it's really just a cute thing babies do.

Crawling only strengthens muscles to get baby ready to stand and walk.

The CDC removed crawling from their milestone list.

VS

NOW

Crawling is a complex milestone that sets the foundation for further typical development.

If your child skips crawling, they may struggle with future milestones

Crawling does promote muscle strengthening, but it also aids in language, sensory, and cognitive development

While higher quality research is limited due to challenges in pediatric research, we know from experience and smaller studies that crawling matters.

What is Crawling?

Crawling is often baby's first form of efficient independent mobility.

Our definition of **traditional crawling** is characterized by a coordinated movement pattern involving alternating motions of the arms and legs to propel the body forward or backward with the belly off of the ground.

FUN FACT: CRAWLING SHOULD EMERGE BETWEEN 6-9 MONTHS OF AGE Insert Citation

Crawling is an important stage in a baby's physical development, helping them to strengthen their muscles, develop coordination and spatial awareness, and explore their environment. But does the importance of crawling stop there?



If this is crawling, what isn't?

What crawling is not.

When a baby doesn't have everything they need to develop a typical crawling pattern, their bodies compensate. They are so motivated to move that they will find a way that works for them. The downfall to these patterns is that they ultimately miss out on the wonderful benefits that hands and knees crawling offers.



ATYPICAL CRAWLING PATTERNS Insert Citation

- Butt or bottom scooting
- Hitch, prop, or “janky” crawling (see left)
- Bear crawling (see above)
- Commando crawling



So Why is Crawling Important?



WHY DO™ *Crawling*

Crawling - The Whole Picture



Body Systems Key

Sensory

Gross Motor

Fine Motor

Cognition

Communication

Feeding

Sensory System Development

Visual System Development

Whole Body Muscle Strengthening

Joint Stability and Development

Bilateral Coordination

Postural Control

Transitional Movements

Motor Planning

Fine Motor Skills

Hand Development

Cognitive Abilities

Communication Development

Feeding and Oral Motor Skills



HOW TOTM *Crawling*

Pre-Crawling Checklist

Before your child is ready to crawl, here are some skills to consider whether or not they're ready to learn to crawl:

- ☐ Baby has a good foundation of tummy time
- ☐ Baby has learned how to roll both directions
- ☐ Baby is showing interest in their surrounding environment
- ☐ Baby may be starting to commando crawl
- ☐ Baby may be starting to pull their knees up under their hips



How Do Question: What do you hope to learn from this section?

Tips for Pre-Crawling Activities

Toys Matter!

Babies need the right types of toys to keep them interested in these activities. While every baby is different, here's are a few toys that we've found babies typically love. Images are linked to the toys for your convenience!

Pop-Up Toys



V-Tech Push Toy



Leap Frog Spin and Sing Alphabet Zoo



Ring Stacker and Shape Sorter



Light Wand



Baby Einstein Wooden Piano



Prop-a-Pillar



Age Appropriate Visual Stimulus Cards



Foam Building Toys



*We may receive monetary compensation from the links provided. We enjoy these toys and have positive experiences using them with babies during pre-crawling activities and free play.

What to do if your baby struggles with crawling.



Is your baby:

- 10 months old and not crawling?
- Crawling with an atypical pattern?
- Only commando/army crawling?

These may be signs that it's time to talk to your primary care provider about next steps.

CRAWLING IS NOT A MILESTONE TO "WAIT AND SEE".

Who can help my baby learn how to crawl if a delay or atypical pattern is suspected?

- A pediatric physical therapist
- A pediatric occupational therapist

You can ask for a referral to either of these disciplines from your child's primary care provider at any time if you have concerns, or contact your state's early intervention program to self refer.



Asking for help is admirable.

Pre-Workbook Knowledge Check

Answers

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How To™: Get Help

Find a Local Early Intervention Group

What is Early Intervention?

Early Intervention is a common term to describe children under three who may need some support in achieving their developmental milestones. Early Intervention focuses on supporting the family and child, so that the family is taking the lead to make changes in how their child develops.

What is ChildFind?

ChildFind is a term used by many counties to describe the agency that receives the communication about the family requesting support.

What is the cost?

These publicly funded programs provide services for free or at reduced cost, depending on your area, for any child who is eligible.

What providers are available to me?

This depends on how resource rich your area is, but typically, many areas have Speech-Language Pathologists (some may work with Dysphagia/feeding too), Physical Therapists, Occupational Therapists (some may work with Sensory Integration and/or feeding too), Registered Dietitians, Special Instruction Teachers

Where do I have to go to receive support and services?

Support Services are offered to you in your home in person or via telehealth appointments

Do I need a doctor's referral?

No, a doctor's referral is not necessary.

Can my child receive both Early Intervention and Outpatient/Clinic based services?

Yes. Depending on your county/state, however, sometimes the same discipline needs to be scheduled to be seen on different days, as they may bill the same codes and insurance can deny the charges.

How do I find my local Early Intervention Team?

<https://www.cdc.gov/ncbddd/actearly/parents/state-text.html>

What do I say when I call?

If you'd like support around what to say, you may consider saying this: "I have concerns about my child's development and I would like to have my child evaluated to find out if he/she is eligible for early intervention services."

Client Testimonial



As someone who is raising a child who struggled to meet her milestones and had every single primitive reflex retained, I can vouch that the information in this packet is worth every penny. Whether your child has multiple delays or is developing "normally" but has a quirky crawl or has skipped crawling altogether, you need to read this. As a physician assistant I assure you that

PAs/NPs/doctors do not receive education on the importance of crawling and are likely to dismiss its importance altogether. As a mom I wholeheartedly feel that ensuring your child reaches this milestone can set them up with a foundation for further success throughout their life and is worth the effort when they're younger.

Suzanne Sproul

Mom of Two

Physician Assistant

Thank-you!

We hope you gleaned so much from this worksheet about crawling!

Are you hungry for more information on crawling? Are you wondering what activities you can do with your baby to help their crawling development? Visit our website and purchase our full, 56 page crawling workbook packed with education and activities to try so you can support your child's development!

We want to help you observe your child's developmental skills so that you are prepared to support them into their next developmental stage.





FAVORITE TOPICS

- Early Childhood Development
- Multi-disciplinary approaches to childhood development
- Milestones in all of development (gross motor, fine motor, communication, social emotional, adaptive, and more!)
- Parent empowerment!

HOW TO CONNECT



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Child Coaching

EXPERTS · COACHES · COMMUNITY · CONNECTION

WHO'S BEHIND THE WORKBOOK?



Rachel Lynn: The team's pediatric SLP/fearless leader/communication and dysphagia/feeding expert. With over 20 years of expert knowledge and experience, Rachel loves educating families and watching children flourish because of their parents' knowledge and passion.



Amanda Rae: The team's pediatric OT/fine motor/sensory motor/sensory feeding specialist. Practicing since 2006, Amanda is thrilled to empower families to reach their fullest potential through coaching, mentoring, and heart.



Amber Michelle: The team's pediatric PT/graphic designer/content creator/mom of a fierce toddler. Amber is passionate about making resources accessible to families and fostering a judgement free community where children and their caregivers can thrive.

“Each day is an opportunity to parent a new way.”

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Freebie

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