IS YOUR BABY READY™?...


to Crawl

1-TUMMY TIME PROGRESS

1. Does your baby enjoy tummy time for at least 5-10 minutes at a time?
2. Can your baby lift their head, chest, and upper body while on their tummy?
3. Is your baby pushing up on their arms or hands while on their stomach?

2. CORE STRENGTH & STABILITY

1. Is your baby able to balance on their hands and knees?
2. Can your baby hold their head steady in an upright position?
3. Does your baby reach for toys while in a sitting or prone position?

3. ARM AND LEG MOVEMENT

1. Is your baby kicking their legs or making reciprocal (alternate) movements with their arms and legs when on their tummy?
2. Is your baby able to rock back and forth on their hands and knees, preparing for movement?

4. BODY COORDINATION

1. Does your baby show the ability to move their arms and legs in sync?
2. Is your baby reaching out to explore objects nearby?
3. Does your baby move with some intention, such as rolling or trying to move toward a toy?

5. COMMUNICATION & MOTIVATION

1. Does your baby seem motivated by objects or people?
2. Does your baby show interest in getting closer to a toy or parent by moving toward it?

6. HEAD AND NECK CONTROL

1. Can your baby hold their head steady when supported?
2. Is your baby able to lift and turn their head in both directions while lying on their tummy or back?

WHAT YOU CAN DO TO SUPPORT YOUR BABY'S CRAWLING JOURNEY

- Encourage more tummy time each day.
- Offer toys that are just out of reach to promote movement.
- Provide positive reinforcement when your baby tries to reach, roll, or move.
- Make sure your baby has plenty of time to explore on the floor in a safe, padded area.