How can I help my baby learn to get onto his hands and knees for crawling?

Babies learn to get up onto their hands and knees in several ways. Some babies have trouble learning to hold themselves on their hands and knees due to weakness of the arms and shoulders. The following exercises are fun ways to practice and learn hands and knees play with your young infant.

Use a favorite toy and place it in front of your baby, just barely within his reach. Help your baby turn his body to reach for the toy. Provide gentle guidance at the hips and shoulders to help him learn to turn his body. Give him a little extra help at the knees or shoulders so he can reach his toy.
Provide a fun toy for looking and reaching. Your baby may need a little help shifting his weight and reaching when he is first learning. Soon he will do it himself and will be ready to pull to standing!

Watch his face to see how much effort and energy he is putting into the exercise. He will be working hard, but he should be enjoying playing with you and his toys.

Have fun with your baby; keep the play sessions short and frequent. Several minutes each session, several times a day is helpful for building strength. Your baby will let you know if he is tired or unhappy.

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult your doctor.

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