

Tips & Tricks to Help Your Baby Crawl

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Increase Tummy Time



- Aim for 30 minutes per day at 1-2 months, 60 minutes per day at 3-4 months, over 2 hours per day after
- If fussy, roll them to their side, then start again
- Make tummy time fun and engaging

Keep Toys out of Reach

- Keep a motivating toy, or your hands, just out of reach to encourage reaching forward
- Move motivating items onto higher surfaces to encourage getting on all fours
- Reach for toys while sitting up



Incorporate Push/Pull Activities

- Play 'tug of war' with favorite toys or burp rags
- Give them something to kick off of



Stop Focusing on Standing

- The more time they are on the floor, the more they can figure out how to move
- Early standing discourages crawling
- More than 20 mins in containers delays crawling and walking

