

# Crawl



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Some babies never crawl, however it is important to offer opportunities to prepare babies and encourage them to crawl, such as 'tummy time'. Some countries use the term creeping for crawling and vice versa.

Crawling have many benefits, including:

- Helping to strengthen muscles, and the tiny intrinsic muscles in the hand
- Assists children in learning bilateral coordination of their arms and legs
- Supports the development of the visual-motor system

## **Method**

Ask the child to propel themselves forward on their hands and knees with their stomachs away from the ground.

## **Things to Try**

- Include tunnels in obstacle courses, make small dens, pretend to be animals such as dogs and cats.