

Tummy Time to Walking

Ten Tips to Help Your Baby Grow Stronger

1 Start with tummy time.
This builds strong muscles to help baby roll over, crawl and sit up.

2 Keep baby safe.
Once baby starts moving around, watch her closely.

3 Help baby sit up.
Hold baby on your lap or sit her up against a pillow.

4 Play with baby every day.
Plenty of free time out of the stroller, carrier and crib is a must.

5 Use toys to help baby.
Hold some toys out of reach as baby learns to reach, crawl and walk.

6 Give baby a safe place.
Block off a space where baby can practice crawling.

7 Gate the stairs.
Put a gate at the top and bottom of any stairs.

8 Help baby learn to stand and walk.
Baby will pull herself up on your leg or a couch.

9 Give lots of praise.
As baby learns new things give her lots of praise.

10 Practice, practice, practice.
Baby develops by trying again and again.



Age	Milestone
4-6 months	Rolls over
4-6 months	Sits up with help
6-8 months	Sits up alone
7-10 months	Crawls
8-9 months	Pulls himself up to his feet
9-12 months	Walks holding onto furniture
12 months	Takes first steps
12-18 months	Walks alone



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