

KixCare TIPS

How Can I Help My Baby Start Crawling?



Babies crawl when they are developmentally ready and strong enough.

- 1 It is important to start tummy time from birth and continue this daily which helps neck, arms, back, and legs and many other muscles develop over time as they do it for longer periods and start using multiple muscles at one time.
- 2 The more floor and playtime they get, the more they will start exploring what their body is capable of doing such as rolling, sitting, reaching for a toy, and then eventually crawling.
- 3 Make this time fun for them, don't add pressure, and don't compare your baby to others- they all develop at different pace!

Cut here for a colouring sheet for your little one

KixCare

