

# Ready, Set, Crawl

Age: Explorer (8 - 18 months)

This activity helps your child's development in this domain: Physical

## What You Need:



None

## What To Do:

1. Encourage your baby to crawl by placing him on his hands and knees and gently rocking him back and forth.
2. Place a toy in front of him, just out of his reach. Encourage him to reach for the toy with one hand. You can also position yourself in front of him and encourage him to touch your face. Don't be surprised if he moves backwards first!
3. Talk to your baby while he tries to crawl or reach for an object. Describe what he is doing and give him lots of positive encouragement.

**Safety Alert:** Once your baby learns to move around on his own, make sure that your home is childproof. Keep small items that he could accidentally swallow and dangerous household items like cleansers and knives out of his reach on high shelves. Another option is to buy child-safety locks to securely lock drawers and cabinets that hold dangerous items. A home that is childproof provides a safe place for him to explore and learn.

