



## Movement

### Infant

#### Crawling

- Give your child room to crawl. Take them out of the playpen regularly.
- Encourage your child to go on a discovery tour while crawling. Make a small obstacle course with chairs that your child can crawl under and behind. Or put a cloth over the chairs to make a tent for them to crawl in and out of. Or turn sheets and chairs into a crawl tunnel.
- Give your child moving toys to crawl behind. This encourages them to move and is a lot of fun.
- Fun toys for your crawling child include a large soft ball, a self-driving car or a rolling toy.
- Give your child toys that they can pick up and let go, such as a small soft ball.
- A mattress or air mattress is also a fun toy for your child. They can climb on it, roll off it and play on it. If you use an air mattress, do not inflate it fully. This helps your child practice their balance while playing.
- Let your child crawl around barefoot in a warm room.
- Give your child non-slip socks when on a slippery floor so they can move forward more easily without slipping.
- Do not give your child slippers with a hard sole. These are not good for the development of their feet. Your child also cannot sit on their knees with a hard sole under or next to their buttocks. Instead, use soft woollen slippers.
- Give your child soft and comfortable clothes to play in. Large seams and zips can make it hard to move.

#### Walking

- Give your child plenty of opportunities to pull up on different types of furniture. In the playpen, your child will mainly pull up on the bars using only their arms; when pulling up on the couch, your child will not have enough grip and must also use leg strength. Variety is important.
- Give your child space to move around a table, cupboard or other pieces of furniture. This is how they practice walking.
- If your child can stand up, remove the toys hanging above the playpen for safety.
- Let your child walk around barefoot in a warm room. This is best for the development of their feet.
- Just like when crawling, do not give your child slippers with a hard sole. Instead, choose soft, woollen slippers.
- Give your child non-slip socks indoors to ensure good grip when walking.
- Only give your child real shoes when they start walking outside.
- If your child is not trying to walk on their own yet, don't let them walk holding your hand too often. It will come naturally.
- Stay with your child when they are climbing and clambering (e.g., climbing stairs). Help your child, but don't intervene too quickly. Your child will learn a lot by discovering their environment.
- Falling doesn't have to be a problem if there are no hazardous materials or situations. Your infant is still so close to the ground that they cannot fall hard. Your child learns to catch themselves when falling.
- Do not put your child in a walker or baby bouncer. These don't help your child learn to walk faster and they do not learn to use their legs normally. The chair prevents them from training their

muscles. It is bad for your child's back and hips.

- If your child often walks behind a walker or a chair, take it away for a while. Your child will learn to stand on their own feet, which is better preparation for walking.

## Sitting

- Do not put your child upright in a bouncer, buggy, high chair or bicycle seat if they are not yet able to sit up on their own. This asks too much of their balance. Your child has not yet practised sitting enough and does not have enough muscle strength for this. It is then difficult to stay sitting and difficult to play. Give your child the time and space to learn to sit on their own.
- If your child is sitting on your lap, support them from all sides.
- If your child is not yet able to sit up on their own and you still want to put them in the bouncer, you can remove the planks from the bouncer so that it becomes a kind of hammock. The seat must be in the reclining position.
- Once your child can sit up on their own, choose a good convertible chair. This is a chair that adapts and supports a good posture for every age.

