

Promoting Walking: Pushing and Cruising

Instructions:

1. First babies push while crawling- and then they will pull up to stand while they push. You can support your toddler's next steps by using something sturdy enough that it won't tip, like a padded footstool or plastic crate.
2. You can assist him/her by steadying the stool or crate and letting him/her push it where s/he wants to go. When s/he drops down, s/he probably needs to rest and crawl.
3. Another way to help is to hold his/her hands for balance as s/he walks.
4. When you see your toddler cruising along the couch, drop to the floor nearby and hold out your hands. Ask him/her to walk to you. If s/he is ready, s/he will let go and toddle over a step or two. Yay! First steps! S/he may be so excited that s/he may drop down and crawl the rest of the way to you.

How to extend activity:

Reflect on the activity:

- What did I notice about my baby?
- What did I notice about myself?

Materials:

- A footstool, plastic crate, push toy, or laundry basket with a heavy book inside.
- Board book



What they learn:

Motor: Your toddler is developing the coordination to pull up, balance his/her body, and then move to an upright position. S/he is getting ready for the next skill: walking! As s/he pushes or reaches for a chair when cruising, your toddler is practicing understanding distance.

Your toddler's brain is beginning to read visual depth cues with his/her eyes. His/her brain takes in all this information to gauge how far away something is.