



YOUTUBE FREEBIE

Tips to Help Teach Baby to Crawl and Roll Over

Rolling and crawling are 2 big developmental and sensory milestones that we believe every child needs to meet and master!

3 TIPS TO HELP BABY ROLL:

Your baby should be able to successfully roll from tummy to back, and back to tummy by 6 months. They should be able to do this in both directions, rolling to the left and to the right.

1 TUMMY TIME

Place them on their tummy (tummy time) daily and use toys to practice visual tracking.

2 BACK PLAY

Place them on their back daily and use toys to practice visual tracking in a diagonal above them.

3 SIDE LYING

Participate in side lying play on both sides, propped with a blanket along their back to keep them in the side lying position.

3 TIPS TO HELP BABY CRAWL:

Your baby should be able to successfully crawl in a hands and knees pattern between 7 and 12 months. We want to see mastery of crawling before mastery of walking!

1 ROCKING

When baby has pushed themselves up into a hands and knees position, place your hands at their hips and help them rock forwards and backwards.

2 CLIMBING

Practice climbing up the stairs or a variety of level of surfaces on the floor like pillows, couch cushions, or play couches if you have them.

3 BALLOON / BALL KICK

Laying on their back, have them try to kick a balloon, ball or your hands with their feet, working to strengthen the core and activate the hips.

BONUS!

1 FREE INFANT AND TODDLER WEBINAR

Learn the basics of developmental milestones, sensory processing, and MORE!
<https://harkla.co/pages/infant-sensory-development-webinar-registration>

2 5 BEST SENSORY PLAY ACTIVITIES FOR BABIES AND INFANTS

<https://youtu.be/xLGHKiiHcfl?si=IBbYVRgj39YdnTOi>

3 5 BEST SENSORY PLAY ACTIVITIES FOR TODDLERS

<https://youtu.be/nlsHsROmibE?si=l2jX1ZN2r5SQRZJJ>

Want more help?!

[CHECK OUT OUR INFANT AND TODDLER DIGITAL COURSE!](#)

- Developmental and Sensory Milestones
- Infant primitive reflexes
- Activity toolboxes for ages birth - 3 years
- Bonus material including common challenges, daily tasks, and more!

<https://harkla.co/products/infant-sensory-development-course>