



YOUTUBE FREEBIE

Why is Crawling Important? 6 Tips for Kids Who Skipped Crawling

Crawling is an important developmental milestone that affects primitive reflex integration, bilateral coordination, strength and muscle tone, visual development, and more!

Quick Tips for Infants:

- Crawl over obstacles such as your legs or pillows.
- Place your infant on their back and help them kick a small ball or balloon with their feet to facilitate core strength.
- Crawling up and down stairs.
- Facilitate rocking on hands and knees.
- Sitting / rocking / bouncing on a therapy / exercise ball.

Tips for Older Kiddos:

1 CRAWL EVERY DAY

If your child skipped crawling, try incorporating a crawling activity into the daily routine.

- Add crawling into a fun obstacle course
- Include crawling into the daily sensory diet
- Use crawling as a transition between activities
- Set up tunnels to crawl through - use chairs and blankets, or couch cushions

2 ANIMAL WALKS

Have your child try some different animal walks instead of just crawling on hands and knees. This is a fun way to switch it up and these will still address the same skills!

- Bear walk
- Crab walk
- Wheelbarrow walk
- Frog jumps (make sure hands meet the ground after each jump)
- Elephant walk
- 3 legged dog walk



3 GET CLIMBING

Climbing is a skill similar to crawling - it requires strength and endurance, bilateral coordination, visual motor coordination, and engages a variety of muscles!

- Rock wall climbing
- Rope climbing
- Climbing up slides
- Climbing up a hill

4 CAT / COW EXERCISE

Include this classic yoga stretch into the daily routine. The cat / cow exercise helps your child get into the crawling position on hands and knees, as well as works towards integrating the STNR (learn about the STNR in [this blog post](#)).

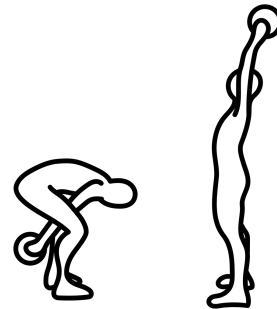
- Watch [this video](#) to learn more about the cat / cow exercise.

5 VISUAL - VESTIBULAR INTEGRATION

Crawling is an activity that stimulates the vestibular system while simultaneously activating the visual system. Head position changes and moving through the environment provides a great opportunity to integrate the visual and vestibular systems together. Try this visual - vestibular integration activity:

Over-unders:

stand behind your child and hand them a ball, placing the ball above their head so they look up and reach for the ball; then have your child hand the ball back to you by bending down and passing it between their legs. That's 1 rep



6 BILATERAL COORDINATION ACTIVITIES

Crawling requires coordination of both arms and legs (bilateral coordination). Include more of these types of activities into the play routine!

- Bird dogs
- [Zoomball](#)
- Cross Crawls
- Jumping jacks

BONUS!

1 YOUTUBE CRAWLING VIDEO

Learn some great pre-crawling and crawling activities for infants!

<https://youtu.be/btKcZax6s4M>

2 YOUTUBE VIDEO - BILATERAL INTEGRATION

5 fun activities to build bilateral integration!

<https://youtu.be/Ck9qOuLYo3A>

3 BUILD AN OBSTACLE COURSE

Learn how to easily build an obstacle course!

<https://youtu.be/QnavhPn-gHM>

Want more help?!

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

Learn all about how primitive reflexes affect learning and higher level motor development!

<https://harkla.co/products/primitive-reflexes-course>

Learn all about how to include a variety of sensory development activities into your child's routine!

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