

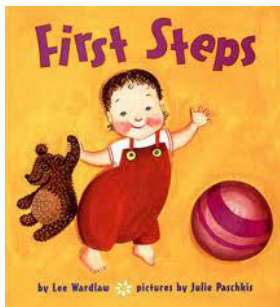
Cruise around town

Let's play and talk together

- ❖ Play a game of follow the leader. Get down on your knees and move sideways around a table or along a couch. Encourage your child to follow by using the furniture for support.
- ❖ If your child is just learning to walk using furniture for support, sit on the floor at the end of a table or couch. Encourage your baby to come to you by using the furniture for help.
- ❖ Once your baby can step while holding onto the furniture, encourage letting go and taking one or two steps from one piece of furniture to another.



A good read-together book



First Steps by Lee Wardlaw

You will need an open space with a smooth floor or carpet and a couch or table.

This activity is good for developing arm and leg strength and learning to crawl and walk with support. It helps prepare children to learn to walk on their own.

Hints for success

- ❖ Encourage cruising by placing a favourite toy at the far end of the table or couch.
- ❖ Speak gently to your baby to keep the activity relaxed and enjoyable.



Ways to say it

More ideas for Cruise around town

Try this way

- ❖ Hold your baby's hands and walk behind while he or she practices taking steps.
- ❖ Invite another person that baby knows to stand a short distance away and reach out toward your child. Encourage your child to let go of your hands and take a few steps on his or her own.
- ❖ Encourage your baby to push an object around the room, e.g. a large empty box or a push toy.

Language development

As you help your baby learn to crawl and walk, use action phrases such as "hold on," "walk over here," "take another step" and "come this way." Help your child learn to listen and follow simple directions while being physically active.

Book link

Walk On! A Guide for Babies of All Ages
by Marla Frazee



Safety tips

- Make sure your cruising area is away from stairs and furniture with sharp corners.
- Stay within one arm's reach while your baby is learning to cruise and walk.
- Remember to lift your baby by placing your hands under the armpits. This will protect the shoulder and elbow joints.