

Standing/Walking Guide

Walking is probably the motor milestones that parents are most excited about. First, though, baby needs to be able to independently stand. In this position, baby needs adequate strength in their glutes and calf muscles. No other developmental posture challenges these muscles like standing/walking do. Standing, cruising along furniture, transitioning on/off floor, deep squatting and are movements that help get baby ready for walking. The typical window for walking occurs 12-18 months.

Here are some tips to help get your baby standing & walking:

- Give baby a safe place to cruise along furniture. Remove couch cushions if it feels too high
- Set up furniture so baby can practice shifting from one area to another while cruising and practicing larger weight shifts
- In standing, we want baby's hips under shoulders; feet will be wider than hips and rotated outward for stability
- When using push toys, try to make sure baby's feet stay under baby's hips (so baby isn't leaning too far forward). Add weight or resistance to push toy if necessary to help slow baby and prevent a strong forward lean.
- Upside down hampers, bins, and boxes make great push toys & surfaces for standing
- When standing, offer baby support at their pelvis rather than their trunk to help baby build core strength
- Use household objects to provide support: baby holds one end and you hold the other: start with something firm like a wooden spoon and progress to something more flimsy like a dish towel
- Hold baby's hands at their hip/pelvis level rather than above their shoulders
- Get out in nature and practice walking- its amazing what toddlers will do with they have a cool, new environment to explore with the added benefits of all that nature offers..
- Change it up: try different techniques to help baby so he/she doesn't become too reliant on any one way
- Baby needs a combination of enough strength & balance in order to independently walk; these skills take time. The more baby plays and practices these skills in a standing posture, the more baby will develop that strength & balance
- Baby will begin walking with feet turned outward and far apart; steps will look wobbly, and hands will be up in high guard position. Baby's movement patterns will begin maturing after 3-6 months of independent walking & will continue to mature for years to come.

Checkout Videos at:



You've got this, mama!

XOXO,

Sara

