

daytot

Why Crawl?



Crawling is an essential skill in a child's development, and we want to tell you **7 reasons** why.

In an ideal world we want your child to choose crawling as their preferred method of early mobility prior to walking BUT it may not be the way your child chooses to move around. Lots of children will choose to bottom shuffle, roll or commando crawl on their tummies. If this happens it is important that we help them gain the skills to crawl on their hands and knees even if they continue to move around in their own way.



Hip Development

Weight bearing on my knees helps my hips develop correctly. It also helps my muscles get stronger and gets me ready to stand and walk.



Coordination

Crawling improves my overall coordination and my joint awareness. This is important as I grow to allow me to join in with games and sports.



Shoulder Stability

Crawling helps strengthen my shoulders. Strong shoulders are needed to help me develop my fine motor control ready for playing, dressing, drawing, and writing.



Learning to Walk

Crawling helps me access furniture that will allow me to pull to stand. When I crawl, I am already in the correct position with my feet behind me.



Core Strength

Crawling improves my trunk control and my core strength. This is important for all my gross motor skills as I grow and develop.



Building Good Foundations

Crawling is an important part of developing my coordination and balance as I grow.

Crawling is key to ensure I can run, jump, hop and skip with all my friends. If I don't crawl and do not learn to crawl, I am more likely to have issues later on with my walking, balance, coordination and fine motor control.



Contralateral (left & right) Movement

It is essential that I learn to use my right and left side together. A skill needed for walking and running as I grow.

*References: MAES Therapy (M.A.E.S. Movement Analysis and Education Strategies) – www.maestherapy.com
APCP (The Association of Paediatric Chartered Physiotherapists) – <https://apcp.csp.org.uk/>*

Designed in Collaboration with Positive Steps Physiotherapy

Lorna Saunders founded Positive Steps Physiotherapy in 2017. With over 23 years' experience as a Paediatric Physiotherapist, she has grown Positive Steps Physiotherapy to a team of 5, providing help for more children to find the freedom to move and play.

Positive Steps Physiotherapy and Daytot have a shared belief that children should be able to move freely, and we want them to do this from an early age, maximising their outcomes and minimising the possibility of developmental delay.

POSITIVE STEPS
PHYSIOTHERAPY

www.positivestepsphysio.co.uk

www.daytotjourneys.com

