

Why Crawl?

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

Contralateral
(left & right)
Movement

Coordination

Shoulder
Stability

Core
Strength

Hip
Development

Building Good
Foundations

Learning
to Walk

Read our full article on Why Crawling is Important at www.daytotjourneys.com

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POSITIVE STEPS
PHYSIOTHERAPY

