

## **About this Guide**

This motor guide is intended to show you how to set up an age appropriate activity with recommended toys or objects you already have at home, where to place your hands, and how to facilitate various movement from your baby. You play a special part in your baby's development. I am here to equip you with hands on approaches that you can incorporate into your daily routine.

During the first year of life a baby's brain doubles in size. A significant amount of that brain development happens in the part of the brain that controls physical development. These educational cards are designed to help you meet the physical development needs of your infant and provide guidance on activities to incorporate into your family's routine.

## **Qualifications:**

Bachelor's of Science in Psychology **Sacred Heart University** • 2002 Master's of Science in Physical Therapy **Sacred Heart University** • 2004

This guide is not medical advice nor a replacement for an evaluation with a skilled health professional. This guide is meant for educational purposes only.

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## **Visual Tracking**

Milestone: Tracking · For Ages: birth to 3 months

### Video Tutorial:

Scan the QR Code to see how to perform this **Tracking** exercise with your baby.

https://youtube. com/shorts/ cAfcGDCl1rQ

#### **Instructions:**

- Have your baby on their back and hold a high contrast card or toy 8-10 inches from face
- Get their gaze in midline on the object for a few seconds before slowly moving the object to one side, then back to midline and then to the other side
- You can also work on visual tracking up and down
- · Repeat this a few times a day during play



#### **Tools:**

Black and white, high contrast books or cards



## **Tummy Time with a Small Roll**

Milestone: Tummy Time Tolerance • For Ages: birth to 3 months

### Video Tutorial:

Scan the QR Code to see how to perform this **Tummy Time Tolerance** exercise with your baby.

https://youtube. com/shorts/ GZNxS4wUF9E



#### **Instructions:**

- Place your baby on their stomach with small blanket roll under their chest. This will help take some pressure off their tummy and improve their tolerance to tummy time
- Make sure their elbows are over the small roll and in-line with their shoulders
- Give pressure to their bottom with either your leg or hand to hold it down to offer better leverage for them to push up with their hands
- Do this frequently throughout day. If they are having trouble tolerating the exercise try doing it for 10-20 seconds then offer a break

#### **Tools:**

Small blanket roll or small half-moon pillow



## Tummy Time on a Ball

Milestone: Tummy Time Tolerance • For Ages: birth to 3 months

### Video Tutorial:

Scan the QR Code to see how to perform this **Tummy Time Tolerance** exercise with your baby.

https://youtube. com/shorts/iHmFnq0-Cvw

#### **Instructions:**

- Place your baby on their stomach on a ball with their body horizontal (this will be tougher than having them back on the ball)
- Move the ball so your baby is now on an incline on the ball. This will make the position more tolerable
- Roll ball back and forth as baby becomes more comfortable
- The ball also provides nice sensory input



**Tools:** Therapy ball



## Tummy Time on a Wedge

Milestone: Tummy Time Tolerance · For Ages: birth to 3 months

### Video Tutorial:

Scan the QR Code to see how to perform this **Tummy Time Tolerance** 

https://youtube. com/shorts/80a\_ c7FYInA

exercise with

your baby.

#### **Instructions:**

- · Place your baby on stomach on a small wedge
- · Position their elbows under their shoulders
- Being on an incline will make this position more tolerable and requires less work from your baby
- Try placing the wedge in front of a mirror with a spinner toy to keep your baby engaged



#### **Tools:**

Wedge, mirror, and an engaging toy

#### **Meagan Recommends:**

TUMTUM wedge CODE: AHOYBABY

https://www.tumtumusa.com/shop/p/tumtum-wedge?aff=54



## **Tummy Time on Legs**

Milestone: Tummy Time Tolerance • For Ages: birth to 3 months

### Video Tutorial:

Scan the QR Code to see how to perform this **Tummy Time Tolerance** 

exercise with your baby.

https://youtube. com/shorts/ qpityVgsn20

#### **Instructions:**

- Place your baby on their stomach on your bent legs (Try sitting with your back against a surface)
- When your legs are bent this is easier for them because they are on an incline
- Gradually move your legs down until your baby is horizontal to the floor. This is harder for baby to tolerate and baby can be relieved by adjusting your legs to an incline if needed



**Tools:** Your legs!



## **Tummy Time on Couch in Front**

Milestone: Tummy Time Tolerance · For Ages: birth to 3 months

## Video Tutorial:

Scan the QR Code to see how to perform this **Tummy Time Tolerance** exercise with your baby.

https://youtube. com/shorts/ RHbwrGSBTAc

#### **Instructions:**

- Place your baby on their stomach on an elevated surface such as a couch, bed, or ottoman
- · Sit in front of them on the floor
- Use your fingers behind their shoulders and thumb in front of their shoulders to help prop them up onto their forearms until they become steady
- Engage with them and encourage them to lift their head and rotate it from side to side



#### **Tools:**

Couch, bed, or ottoman



## **Side Lying**

Milestone: Rolling • For Ages: birth to 4 months

### Video Tutorial:

Scan the QR Code to see how to perform this **Rolling** exercise with your baby.

https://youtube. com/shorts/ rEdoNzHicm0

#### **Instructions:**

- Place your baby on their side with a blanket, your leg or other object/prop behind them
- Position your baby's top leg in a forward position
- · Have their engaging toy in front of them
- Baby should be bringing their hands to midline and activating their abdominals to keep their top leg in line or in front of their body
- Be sure to alternate sides



#### **Tools:**

Your legs, wedge, rolled up blanket or couch and an engaging toy



## **Reaching for Toys**

Milestone: Reaching · For Ages: 2-4 months

### Video Tutorial:

Scan the QR Code to see how to perform this **Reaching** exercise with your baby.

https://youtube. com/shorts/ qvYOwUWpXMg

#### **Instructions:**

- Have your baby on a boppy or place a small blanket roll under their shoulder
- Guide your baby to reach towards their toy by gently pushing their arm from behind, just below their shoulder
- Try a lightweight teether. They are great to reach for because they're easier for baby to grasp and bring to their mouth



#### **Tools:**

Blanket or boppy. Engaging, lightweight toy or teether.

## **Meagan Recommends:**

Innobaby teethers **Use this link for 15% off** innobaby.com/?ref=ahoybabypt



## Reaching for Toy while on Stomach

Milestone: Rolling Stomach to Back · For Ages: 4+ months

### Video Tutorial:

Scan the QR Code to see how to perform this **Rolling Stomach to Back** exercise with your baby.

https://www. youtube.com/shorts /ubU4Vo6qxrY

#### **Instructions:**

- Place your baby on their stomach and position a toy in front of them
- Work on shifting their weight to one side (left or right) and encourage them to touch the toy
- You can help guide your baby by gently pushing their arm from behind, just below their shoulder
- This activity will help your baby learn to shift their weight to one side which will help them with rolling off of their stomach



**Tools:** Engaging toy



## **Rolling Stomach to Back**

Milestone: Rolling Stomach to Back · For Ages: 4-6 months

### Video Tutorial:

Scan the QR Code to see how to perform this **Rolling Stomach to Back** exercise with your baby.

https://youtube. com/shorts/ eOKvYo\_xUgE

#### **Instructions:**

- Decide which side you want your baby to roll over on
- While your baby is on their stomach, tuck their bottom arm (side they are rolling on) under their chest
- If your baby needs help, guide their opposite hip, head or shoulder to help them completely roll over
- Be sure to work on rolling over from both sides
- This exercise is usually worked on after your baby has been successful at reaching for a toy while on their stomach



**Tools:** 

**Engaging toy** 



## **Reaching for Feet**

Milestone: Rolling Back to Stomach • For Ages: 4-5 months

### Video Tutorial:

Scan the QR Code to see how to perform these **Rolling** 

Back to Stomach

exercises with your baby.

https://www.youtube. com/playlist? list= PLrqrVTf\_AQQBgE ki3ZzYnq\_1bhWeKOujT

#### **Instructions:**

- When your baby is on their back, encourage them to reach for their feet with you manually guiding them
- When their hands are on feet, work on rocking side to side (left to right) This is referred to as "happy baby"
- If your baby needs some help to get their feet up, place a small blanket roll under pelvis to bring their feet closer to hands



#### **Tools:**

Engaging socks and a rolled up blanket



## **Rolling Back to Stomach**

Milestone: Rolling Back to Stomach · For Ages: 4-6 months

### Video Tutorial:

Scan the QR Code to see how to perform this

## Rolling Back to Stomach

exercise with your baby.

https://youtube. com/shorts/jOeSP\_ k0OBE



#### **Instructions:**

- Once your baby is reaching for their feet, they may start to roll over more
- You can help them rock in "happy baby" by keeping their hands grasped on their feet and rocking them side to side (left to right)
- Encourage them to look toward the side you want them to roll on by using a toy and moving it up and diagonal.
- Then bring their leg (opposite leg from direction they are looking and rolling to) over while pulling down a bit so they work on bringing their upper body over
- Once they roll over, give them a few seconds to get their hand out from under themselves
- If they have trouble getting their hand out, shift their weight to the side and wait for them to bring their hand out

**Tools:** Engaging toy



## **Pushing Up on Extended Arms**

Milestone: Crawling · For Ages: 4-5 months

### Video Tutorial:

Scan the QR Code to see how to perform this **Crawling** exercise with your baby.

https://youtu.be/ wa1UpTN62kw

#### **Instructions:**

- When your baby is on their stomach, help them to push up until their arms are straight by placing a toy up above their reach (on a mirror or a low shelf)
- Help them acheive this position by placing your fingers around their shoulder and pulling up and back. Once your baby is stable, you can then offer support at their elbows to keep weight through their extended arms
- Alternative: Try positioning baby on a boppy or your leg with their arms in front and their body behind, slightly off the boppy/leg. This is a challenging activity. The farther away their body is from the boppy the more they are working
- · They may keep their hands fisted.



#### **Tools:**

Engaging toy or mirror and a boppy or your leg



## **Prop Sitting**

Milestone: Sitting · For Ages: 4-6 months

### Video Tutorial:

Scan the QR Code to see how to perform this **Sitting** exercise with your baby. https://youtube .com/shorts/ 0L3gLRgEq-g

#### **Instructions:**

- · Babies first learn to sit by prop sitting
- Place your boppy or pillow in front of your baby so they have a surface to lean on with their arms (this will help them with strengthening their arms)
- Place toy at eye level, either on a mirror, a low shelf, or stool



**Tools:** 

Boppy or pillow



## Side Lying to Sit

Milestone: Transitions • For Ages: 4-6 months

## Video Tutorial:

Scan the QR Code to see how to perform this **Transitions** exercise with your baby.

https://youtube. com/shorts/ ngTDjaUxWAo

#### **Instructions:**

- Place your baby in side lying position and bring their legs up to 90 degrees in front of them
- Give downward pressure through their top hip and help guide them to sit
- You can offer extra help by encouraging them to get their bottom arm extended to push up
- Be sure to try this exercise on both sides
- Try using a toy above them as additional encouragement to sit



**Tools:** Engaging toy



## Sitting on an Edge (COUCH/MAT/BED/ETC.)

Milestone: Sitting · For Ages: 4-6 months

## Video Tutorial:

Scan the QR Code to see how to perform this **Sitting** exercise with your baby.

https://youtube .com/shorts/ 6sFzMqYxtmY

#### **Instructions:**

- This is a good activity if baby is extending or arching backward when working on sitting as it allows them to be more successful by removing their feet from the activity
- Sit your baby on the edge with your hands around their hips or as low as you feel you can hold them
- Try leaning them side to side so they work on bearing weight through hands at their side—this activity helps them to work on protective reactions while sitting independently



#### **Tools:**

Couch, mat, bed, or ottoman



## Sitting with Box in Front

Milestone: Sitting · For Ages: 4-6 months

## Video Tutorial:

Scan the QR Code to see how to perform this **Sitting** exercise with your baby.

https://youtube. com/shorts/ hd9gnGldLKU

#### **Instructions:**

- Cut a diaper or wipes box down to a good height and cut out a nook for your baby to put their legs into so they can be close to the box
- This is a good way to get a toy eye level which will help your baby to gain strength to stay more upright during play



**Tools:** 

Empty diapers or wipes box



## Sitting on Floor

Milestone: Sitting · For Ages: 5-6 months

### Video Tutorial:

Scan the QR Code to see how to perform this **Sitting** exercise with your baby.

https://youtube. com/shorts/ UDBGyKVR2wl



#### **Instructions:**

- Sit behind your baby and place your hands around their hips or upper thighs. This positioning allows them to work on all of the muscles above your hands to stay upright
- If they lose their balance to the right you will use your left hand on their left hip to help guide them back to upright. This will be the same on the other side
- If they lose their balance backwards you will take your hands on their upper thighs and push forward to help them come back to upright
- If you hold them up higher they are not doing much work to stay up
- If you give them help in the back they will often push back against your hand

#### **Tools:**

Engaging toy and a mirror



## **Pivoting**

Milestone: Crawling • For Ages: 5+ months

## Video Tutorial:

Scan the QR Code to see how to perform this **Crawling** exercise with your baby.

https://youtube. com/shorts/ IAYwHWcZ6hI

#### **Instructions:**

- Place your baby on their stomach with toys on either side of them
- If your baby shows interest in toys on one particular side help them move arms one at a time so they pivot on their stomach toward the toy
- You can also practice pivoting by pushing their legs over to the opposite side in which they want to move. This facilitation will encourage them to bring their arms over on their own
- Be sure to work on pivoting to your baby's right and left



**Tools:** Engaging toy



## **Commando Crawling**

Milestone: Crawling · For Ages: 6+ months

### Video Tutorial:

Scan the QR Code to see how to perform this **Crawling** exercise with your baby.

https://www. youtube.com/ playlist?list=PLrqr VTf\_AQQCpQ9Gc 4H0bNuXzL7vP4LS



#### **Instructions:**

- Place your baby on their stomach and bring one knee forward. This activity is best done with your baby barefoot.
- Give pressure through their knee onto floor and or pressure to the bottom of their forward foot to encourage your baby to push forward.
- Once they push forward with one knee help them alternate and use the other knee to come forward and then provide facilitation by pushing through their front knee or bottom of foot again. You may need to help them get their arms out
- You can also help with commando crawling by getting on your knees in front of them and guiding them at their shoulders to move forward one shoulder at a time.

#### **Tools:**

**Engaging toy** 



## **Side Sitting**

Milestone: Transitions · For Ages: 7+ months

### Video Tutorial:

Scan the QR Code to see how to perform this

**Transitions** exercise with your baby.

https://youtube. com/shorts/cy-TebhBcLY



#### **Instructions:**

- Side sitting is an important position that will allow your baby to transition independently out of sitting
- It is also a great position for stretching hips and working on weight bearing through arms
- When your baby is sitting place a toy to one side of them.
- You will bend their leg that is closest to the toy and turn the back leg in so knee is facing other leg. Help them bring their hands to the floor. This is the side sit position.
- It may be helpful to place toy on an incline near them
- Practice maintaining side sitting for a 1-2 minutes then help your baby push up through their arms to get back into sitting by guiding at their back hip until they're upright
- Be sure to practice on both sides

**Tools:** Engaging toy



## Side Sitting to Stomach/Hands/Knees

Milestone: Transitions · For Ages: 7+ months

### Video Tutorial:

Scan the QR Code to see how to perform this **Transitions** exercise with your baby.

https://youtube. com/shorts/ B2\_fxmovcjo



#### **Instructions:**

- When your baby is side sitting move toy away from them a bit and bring their hands forward
- This will help them go over with more control to their stomach. Stay close to them with your hands in case they start to move too quickly
- The hardest part of this transition will be getting their foot out as it sometimes gets stuck
- You can also work on having your baby go directly from side sitting to hands and knees. They will need good strength through their arms in order to do this.
- Be sure to work on having them transition over both sides

#### **Tools:**

**Engaging toy** 



## Hands and Knees Positioning

Milestone: Crawling • For Ages: 7+ months

## Video Tutorial:

Scan the QR Code to see how to perform this **Crawling** exercise with your baby.

https://www. youtube.com/ playlist?list=PLrqr VTf\_AQQAEFuSfa PuSEv-Yh7K58acb



#### **Instructions:**

- There are a few ways to help your baby get up on hands and knees
- Place your baby on their stomach and make a C shape with your hands and place them at your baby's hips.
   Turn your hands up to bring your baby back to their knees
- You can also achieve hands and knees positioning by helping your baby push up strong and high on extended arms and they will tuck their knees under them
- There are a few ways to make the hands and knees position easier for your baby. You can place them on knees with their hands on an incline like a small wedge.
- You can also place them on their hands and knees over boppy or over your leg

**Tools:** Engaging toy



## Stomach to Sit Through Four Point

Milestone: Transitions · For Ages: 7+ months

## Video Tutorial:

Scan the QR Code to see how to perform this **Transitions** exercise with your baby.

https://youtube. com/shorts/ MAwzP0o0EZ0

#### **Instructions:**

- When your baby is on their stomach and you want to help them get into sitting you will help them push back to hands and knees
- This whole transition will be one movement of going from stomach to hands and knees back into sitting. In previous videos you have learned where to facilitate these movements
- · Be sure to practice both sides



Tools: None



## Reaching on Hands and Knees

Milestone: Crawling · For Ages: 7+ months

### Video Tutorial:

Scan the QR Code to see how to perform this

**Crawling** exercise with your baby.

https://youtube. com/shorts/ GXdZd2WDfik



#### **Instructions:**

- Once your baby is getting to hands and knees you can work on helping them to reach with one hand for a toy
- In order to crawl, your baby will need to be able to balance on one arm
- Try using a stationary toy here for them to tap and then bring their arm back down (Choosing a handheld toy might distract your baby from maintaining the position)
- Help your baby stay in position by placing them between your legs so your legs can help them stay in position and your hands are free to help
- Be sure that they are reaching with both hands and not favoring one

**Tools:** Stationary toy



## **Facilitated Crawling with Hands**

Milestone: Crawling · For Ages: 7+ months

## Video Tutorial:

Scan the QR Code to see how to perform this

**Crawling** exercise with your baby.

https://youtube. com/shorts/ cA137NOgico

## **Instructions:**

- · Guide your baby to hands and knees
- You will either move one of their hands and opposite leg. Or you can move just their legs and then see if they can move arms
- This activity can also be done by having one person move their arms and other person moves their legs



Tools:

**Engaging toy** 



## **Facilitated Crawling with Blanket**

Milestone: Crawling • For Ages: 7+ months

### Video Tutorial:

Scan the QR Code to see how to perform this **Crawling** exercise with your baby.

https://youtube. com/shorts/ rP486LTeopk

#### **Instructions:**

- Place a blanket under their stomach when your baby is on the floor
- · Help them get to hands and knees
- Hold the blanket in each hand and lift up a bit to "unweight" your baby. This lifting allows them to focus on the coordination of moving their arms and legs and not on completely holding their body up
- You can help move them along with your feet pressed against their knees guiding them forward



**Tools:** Long blanket





## Tall Kneeling (WITH MOVING BOX/TABLE)

Milestone: Crawling/Transitions · For Ages: 7+ months

## Video Tutorial:

Scan the QR Code to see how to perform this

### Crawling/ Transitions

exercise with your baby.

https://www.youtube .com/playlist?list= PLrqrVTf AQQDHgfR mdljBtYqYp\_jJjK6Q





#### **Instructions:**

- Place your baby on their knees in front of surface and encourage them to keep buttocks off feet
- · Kneel behind them
- Help to keep their knees and feet in line with hips by using your legs to keep them aligned from behind
- Move surface forward and encourage them to move one leg at a time in order to advance them forward

#### **Tools:**

If you don't have a play table, you can use a large box or a laundry basket.



## Pull to Stand Through Half Kneeling

Milestone: Transitions · For Ages: 8+ months

### Video Tutorial:

Scan the QR Code to see how to perform this

**Transitions** exercise with your baby.

https://youtube. com/shorts/ Y5imRVpx1gQ

#### **Instructions:**

- Sit behind your baby when they are kneeling at a surface
- Help them shift weight to one side to unweight one side and bring that leg up to half kneeling
- Cup their thigh or lower leg of the forward leg with hand and help them push up to stand
- · Be sure to transition using both legs



#### **Tools:**

Engaging toy and an elevated surface like top of couch



## Cruising

Milestone: Walking · For Ages: 9+ months

### Video Tutorial:

Scan the QR Code to see how to perform this **Walking** exercise with your baby.

https://youtube. com/shorts/ vyGAUGtiVtc



#### **Instructions:**

- Once your baby is standing at a surface you can work on cruising (side stepping) to each side
- Place a toy a few feet away to one side of your baby.
   Make sure they cannot just reach the toy with an outstretched arm
- Shift their weight towards that side by leaning their body and see if they will automatically move over with their other leg
- If they don't automatically start to move you can then guide their legs by moving leg nearest to toy first and then other leg
- You can also try this activity by moving their hands along the couch and seeing if they move their legs to follow their hands

**Tools:** Elevated surface like couch and an engaging toy



## Standing with Back to Surface & Reaching

Milestone: Standing/Walking · For Ages: 9+ months

### Video Tutorial:

Scan the QR Code to see how to perform this **Standing** 

## /Walking

exercise with your baby.

https://youtube. com/shorts/ jypDlWDGalo

#### **Instructions:**

- Standing with their back to a surface will help them shift their weight forward
- Have them standing with back to a soft surface like couch. Make sure they are upright and not leaning
- Have them reach for a toy to the front or the side
- Once they are good at this can work on having them stagger their feet and then reach forward



#### **Tools:**

wall, couch, or bed and an engaging toy



## Standing in Middle of Floor

(ALTERNATING SUPPORT SHOULDER & HIP)

Milestone: Walking · For Ages: 9+ months

## Video Tutorial:

Scan the QR Code to see how to perform this **Walking** exercise with your baby.

https://youtube. com/shorts/ zHGw66fJws8



#### **Instructions:**

- It can sometimes be tricky to have your baby stand in the middle of the floor. They may automatically try to sit or arch back
- Sit on the floor behind your baby with them standing and leaning against your chest. You will slowly try to back away from them and just keep your hands on their hips or shoulders
- Move your support to their shoulder and opposite hip, gradually increasing the time you are off of their body and alternate sides. You can move your support one hand at a time or for a greater challenge move both hands at the same time

## **Tools:**

Toy to hold





## Walking with Shirt or Trunk Wrap

Milestone: Walking · For Ages: 8+ months

### Video Tutorial:

Scan the QR Code to see how to perform this **Walking** exercise with your baby.

https://www.youtube .com/playlist?list=P LrqrVTf\_AQQAA73L dT4pbhXUlh2Vb7xZ6



- This is an activity to help them work on walking without holding hands. It is a great way to work on them learning to use their balance independently
- Give your baby something light to hold in each hand
- Hold the back of their shirt or put a light wrapblanket around their chest to help support them and weight shift. You will be kneeling behind them helping them move side to side in order to shift their weight and advance their legs forward
- They will work on keeping themselves upright without relying on your hands for support



#### **Tools:**

Cabinet liner, blanket, or a towel



## Walking with Support (AT THIGHS/LOWER LEGS)

Milestone: Walking · For Ages: 9+ months

### Video Tutorial:

Scan the QR Code to see how to perform this **Walking** exercise with your baby.

https://youtube. com/shorts/ nijhc0pqjMY



#### **Instructions:**

- · This is another way to work on walking
- Sit behind your baby on the floor and offer support from your hands on their thighs
- Offering support as low as possible gives your baby the opportunity to learn how to maintain upright
- You can work on standing for a few seconds with support at thighs or lower legs and then initiate steps with them by picking up their legs and advancing them forward as you scoot behind them
- You will bend one knee up, shift weight to side and then place foot down giving good pressure for some extra input

### **Tools:**

Engaging toy or person in front



## Walking with Them Holding Ball or Rings

Milestone: Walking • For Ages: 9+ months

### Video Tutorial:

Scan the QR Code to see how to perform this **Walking** exercise with your baby.

https://youtube. com/shorts/un-wJ-1r8gY



#### **Instructions:**

- When your are on the floor with your baby and they are wanting to stand you can help them in the middle of the floor or you can help them get their back against a surface like the wall or couch
- You can give them two light weight objects to hold in each hand or one large object to hold with both hands
- You will be sitting in front of your baby with your hands on the objects as well. Tug on the object and bring closer to you as you move backwards to help encourage them to take steps with you also holding the objects
- Then you will see if you can let go of your hold and they stand or take steps independently
- Or you can keep hold of the object and encourage them to come towards you to get it

Tools: Light weight object(s)



## Moving from Floor to Stand

(THROUGH FOUR POINT)

Milestone: Walking/Transitions · For Ages: 9+ months

### Video Tutorial:

Scan the QR Code to see how to perform this **Walking/ Transitions** exercise with your baby.

https://youtube. com/shorts/ FMMP46qXJ50

#### **Instructions:**

- If your baby is trying to get up off the floor you will want to help them get to hands and knees first
- Help your baby to bring one leg up and then other into a low squat position. Then take your hands at their legs and help them to push up into standing
- Be sure they keep hands on the floor to help maintain their balance and help with pushing up off the floor



Tools: None



## Moving from Stand to Squat/Sit

Milestone: Transitions · For Ages: 9+ months

### Video Tutorial:

Scan the QR Code to see how to perform this **Transitions** exercise with your baby.

https://youtube. com/shorts/ ycrzm1hawPc



#### **Instructions:**

- When your baby is standing at a surface you want to be sure that they know how to get down safely
- When you are sitting on the floor next to your baby who is standing at a surface make sure they keep one hand on surface while you hold a toy at level of their lower leg. If you place toy on the floor they may simply want to just sit down to get it. We want to work on them squatting first
- · See if they can bend to get the toy
- You may have to help them bend by giving pressure to the back of the knee to unlock their leg
- You can also just work on having hands near baby and when they let go of surface guide them down to sit. This can happen frequently.

**Tools:** Engaging toy and an elevated surface like a couch



## **Crawling Up Stairs**

Milestone: Stairs · For Ages: 9+ months

### Video Tutorial:

Scan the QR Code to see how to perform this **Stairs** exercise with your baby.

https://youtube. com/shorts/ YArxo4QyUzY



#### **Instructions:**

- Stand behind your baby as they are accessing the stairs
- They will use their arms to pull up and place one knee on stair and then lift their other leg to push up to stand and then move arms to next step and repeat. If they need assistance you will help them bring one knee up onto next step and then push through to standing on the other leg and advance their arms
- If they are always using the same leg hold the leg down that likes to push up and encourage them to bring other leg up to push. They will most likely have a preference for using one leg here but this is a nice activity to work on symmetrical strengthening of the lower extremities

### **Tools:**

Engaging toy or person in front



## **Crawling Down Stairs**

Milestone: Stairs · For Ages: 9+ months

### Video Tutorial:

Scan the QR Code to see how to perform this **Stairs** exercise with your baby.

https://youtube .com/shorts/ 4dYCtClBIRw

#### **Instructions:**

- Get on your knees behind the baby and help them turn over and get on their stomach
- The safest way to get down off the stairs or any elevated surface is for your baby to slide down backwards on their stomach
- You may have to guide them by gently pulling them down by their legs, making sure they are moving their hands so they don't hit their face



Tools: None



# Meagan O'Neill MSPT, CIMC

Meagan has been a pediatric physical therapist since 2004. Her career has allowed her to work with thousands of families offering guidance and support especially in the realm of helping their babies achieve motor milestones during their first year of life.

Meagan's mission is to empower parents to purposefully play with their babies and set up their environment to achieve those milestones that happen during the first year. Within those milestones are other smaller skills that need to be achieved first.



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