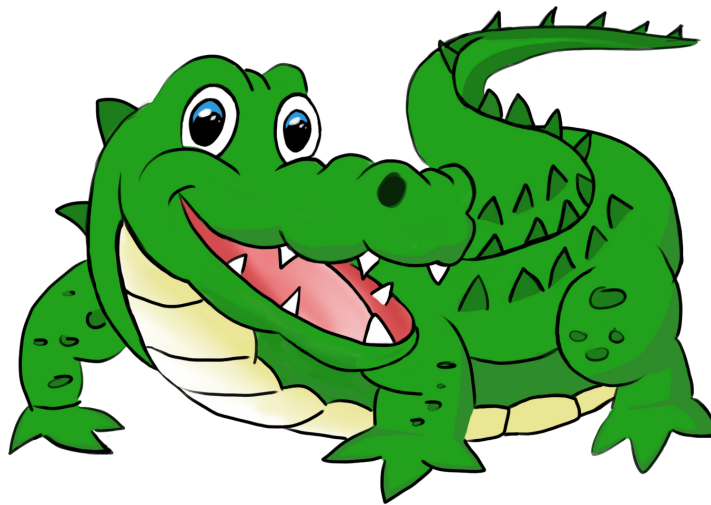


# CRAWLING CROCODILES

**Home Exercise Program  
Book #3**



**Paediatric Allied Health Unit  
Campbelltown Hospital**

TERRY RD

PO BOX 149

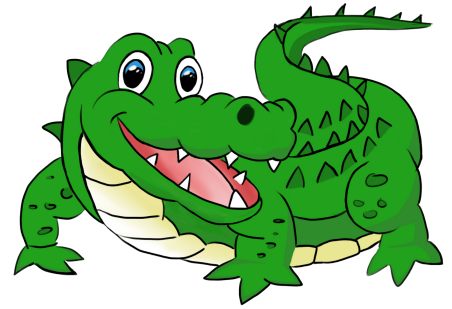
CAMPBELLTOWN NSW 2560

TELEPHONE: (02) 4634 3580

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# INTRODUCTION

Welcome to the **CRAWLING CROCODILES** home exercise program! This booklet will help your child transition into crawling on their hands and knees. Crawling is an important milestone that is needed to stand and walk.



This booklet will provide easy to follow exercises and advice about equipment or actions that may affect your child's development. Try to add these exercises into play time as much as you can! The more practice the better!

If you have any questions or concerns, please speak to your physiotherapist.

## AIMS OF PHYSIOTHERAPY

- Promote transition onto hands and knees crawling.
- Further strengthening of trunk and upper body muscles
- Increasing balance, coordination and confidence for baby
- Prepare for standing and walking

(McEwan, Dihoff & Brosvic, 1991; Yan, Thomas & Downing, 1998)

# PREPARING FOR CRAWLING

## POSITION YOUR CHILD FROM SITTING INTO SIDE SITTING:

- Position your child between your legs and encourage them to reach across leg or towel into side sitting.
- Allow your child to reach over your leg to prepare for four point kneeling.



## POSITIONING INTO FOUR POINT KNEELING:

- Encourage and help your child roll over onto their hands and knees
- If your child needs support getting into position, support under their shoulders. Help position their arms and legs into an all fours position.



## PRACTISE ROCKING IN FOUR POINT KNEELING

- Support your child by holding onto their hips and legs to bring their bottom up and knees on ground.
- In this position you can facilitate rocking your child back and forward by shifting their weight.



## EXERCISES TO ENCOURAGE CRAWLING

In four point kneeling, place toys outside you child's grasp to encourage them to crawl towards toy. Support their legs or chest if needed.

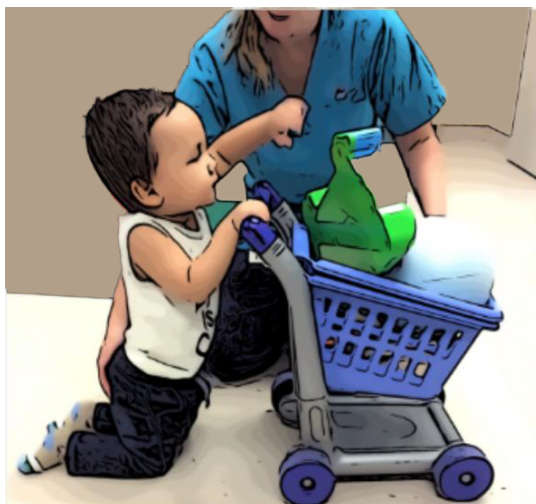


## PREPARING FOR STANDING: HIGH AND LOW KNEEL

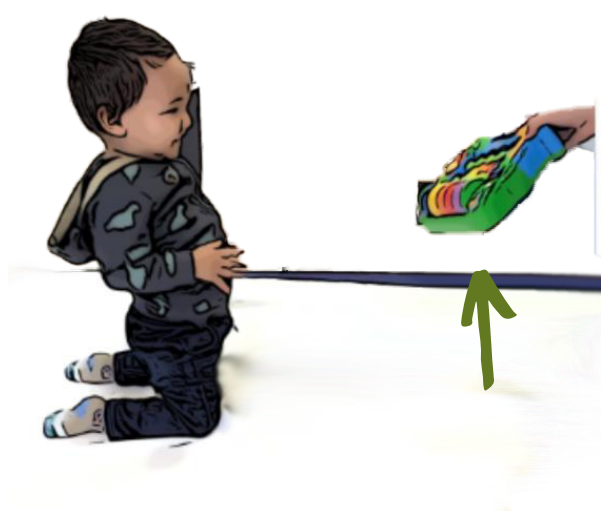
Encourage your child to move from side sitting into a low kneeling position.



Encourage your child to come up into a high kneeling position by holding onto their hips and allowing them to hold onto a chair or object.

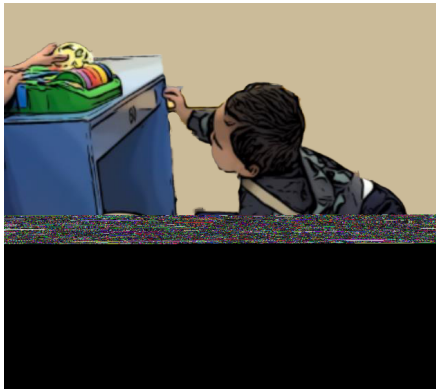


Practice these exercises and decrease support with time. This will help increase your child's strength and balance to prepare for pull to stand.



## PREPARING FOR PULL TO STAND

Encourage your child to move into a high kneeling position and reach up and grab/pull on objects from a sofa/ table.



# WHY ARE BABY WALKERS DISCOURAGED?

## IT MAY DISRUPT NORMAL DEVELOPMENT

- Children may develop a false sense of balance, and struggle to balance once the baby walker is removed
- Children may develop inappropriate movement patterns such as toe walking
- More time in a baby walker means less time practising skills!

(Australian Physiotherapy Australia)



## IT CAN CAUSE SERIOUS INJURIES

It can help infants reach dangerous objects such as heaters, electrical connections, Infants can move to dangerous areas such as stairs and it can lead to injuries such as concussions, burns and fractures.

(Al-Nouri & Al-Isami, 2006; Sharov et al., 2018)



**WE RECOMMEND USING A TROLLEY OR SIMILAR ALTERNATIVE (E.G. UPSIDE-DOWN WASHING BASKET)**



Significant delay was found in rolling over, crawling, kneeling, sitting, standing and walking

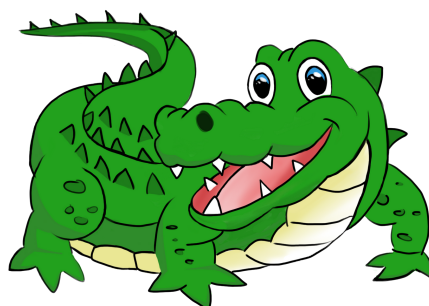
(Talebian et al., 2008)

The delays of extended baby walkers use may last up to 15 months, as shown by lower cognitive scores.

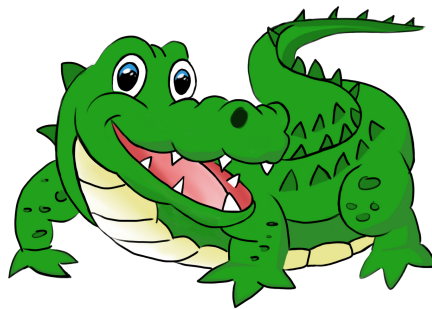
(Garrett, McElroy & Saitnes, 2002)

Every day a baby spends in a baby walker will delay walking by 3.3. days

(Garrett, McElroy & Saitnes, 2002)



**IF YOU HAVE ANY QUESTIONS OR PROBLEMS, PLEASE PHONE THE  
PHYSIOTHERAPY DEPARTMENT**



**(02) 4634 3580**

**EFFECTIVE FROM:  
REVIEW BY:  
APPROVAL NUMBER:**

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