

# GROSS MOTOR SKILL DEVELOPMENT

## FOR CHILDREN WITH DEVELOPMENTAL DELAY

# CRAWLING

### General information:

- 🚩 Kneeling and crawling require more strength and co-ordination in your child's arms and legs.
- 🚩 Some children "bottom shuffle" instead of crawling. You should continue to encourage your child to move in and out of four-point kneeling and crawl when they are ready. Quite often children that "bottom shuffle" crawl at a later stage.
- 🚩 Some children will "bear crawl" - this means walking on hands and feet rather than hands and knees.

Below are some ideas and advice to help progress your child to crawling.

### Creeping

- 🚩 Children often start pulling themselves forwards on their elbows using both arms at the same time.
- 🚩 Children will start to pivot on their tummies using one arm at a time.
- 🚩 Your child may then progress to moving forward when using one arm at a time (commando crawling).



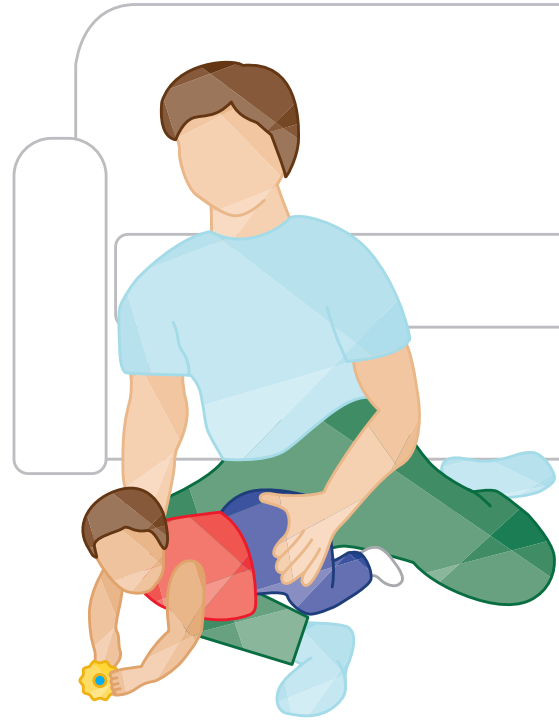
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## Four-point supported kneeling

Four-point supported kneeling position helps your child to start developing strength and control around the shoulders and hips. As they get stronger the support can be reduced.

### Starting positions: More support

- Place your child in a crawling position, hands on the floor.
- Place your leg under their tummy.
- Hold your child's knees together and bent underneath them.

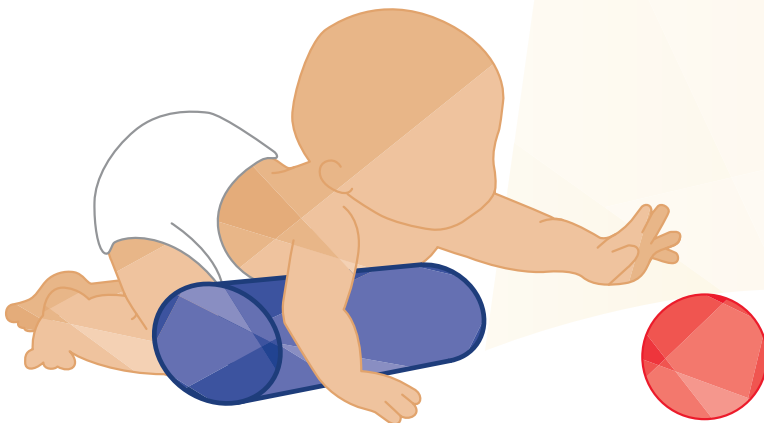


### Less support:

- Place your child in a crawling position, hands on the floor.
- If necessary, hold them gently but firmly around the hips, to support them in this position.
- Aim for no support under their tummy, although you may wish to offer some support if they get tired. You can then start to encourage rocking back and forth or side to side to help develop their balance.

### Play ideas:

- Water mat.
- Cause and effect toys.
- Mirror or books.



## Moving into four-point kneeling

### Positions: From sitting

- Turn your child's legs gently so they face the same way (side sitting).
- With your hands around their middle, gently guide them over to the side encouraging them to put their hands down on the floor.
- Gently support and guide their bottom up and across so they go into a crawling position.



### From their tummy:

- Start with your child on their tummy.
- Encourage them to push up on their hands with straight arms.
- Supporting your child around their hips, gently guide their bottom up until their knees are under their hips.
- Maintain light support around their tummy if their arms tend to collapse.



## Moving out of four-point kneeling

To start with, most children fall onto their tummies when trying to move out of the four-point kneeling position. This becomes more of a controlled lower to the floor. They will eventually progress from a four-point kneeling position to a sitting position. Your child will rock in different directions in four-point kneeling, learning where their body is in space, and then will eventually begin to crawl.

### Moving from four-point kneeling to sitting:

- 🚩 Gently guide your child's hips to one side and onto their bottom, into a side sitting position.
- 🚩 Wait for them to move their hands back (this maybe in a "walking" fashion) so they are balanced in sitting position.
- 🚩 Ensure you practice this to both sides.



## Crawling

To be able to crawl, your child needs to be able to shift their body to one side and balance while they are moving an arm or a leg. Your child will normally start doing this slowly at first, and then pick up speed once they get stronger and become more confident. Your child is likely to fall onto their tummy frequently in the beginning. Some children will crawl on one foot and one knee. They may progress to crawling on both knees but it is important to let your child move how they wish.

### Positions:

- 🚩 Crawling position on hands and knees, with hands under shoulders and knees under hips.
- 🚩 Place a toy in front of their hands, one hand at a time.
- 🚩 Encourage your child to keep their knees under their hips (most children start with their knees wide apart).
- 🚩 You can support and assist your child to move their leg forward at the same time or just after your child has moved their arm.
- 🚩 Remember to move the opposite leg to their arm.

### Play ideas:

- 🚩 A crawling toy or ball.
- 🚩 Favourite toy or snack.

