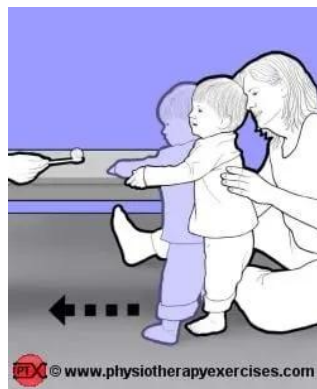
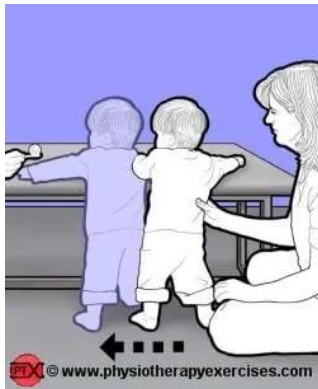


Cruising



Why cruising is important

- Independence and confidence
- Strengthening muscles
- Building blocks for independent walking
- Develops balance
- Strengthen antigravity muscles
- View the world from an upright position

How to promote cruising

- Encourage your child to stand at a surface and walk sideways (cruise) to reach a toy.
- Practice cruising to both the left and right in equal amounts
- Progress by cruising around corners
- You can progressively increase the gap between these surfaces to challenge them further.
- Practice with the child in bare feet

What to check for

- Symmetry
- Taking weight through both legs
- Legs are not crossing
- Knees straight
- Standing on flat feet