

Walking



Why walking is important

- Independence and confidence
- Develops balance
- Allows a child to explore their surroundings which gives them the opportunity to learn
- Strengthen antigravity muscles
- View the world from an upright position

How to promote walking

- Ensure they are confidently cruising and moving across small gaps between furniture.
- Encourage them to take steps towards another surface or adult
- Encourage the use of a push along walker or brick trolley. We do not advise the 'sit in' baby walkers.

What to check for

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

How to progress

- Walk carrying a toy
- Uneven surfaces
- Steps and stairs
- Running
- Kicking a ball