

Stand Up and Move

*You're moving on
your own!*

Arrange furniture so your baby can pull up to a standing position and try taking a few steps while holding on.

Your baby will have the chance to practice with confidence when you give her objects to help her stand and take steps.





Why this is important

Moving while standing up and holding on to something comes before walking independently. Your baby first must learn to support her own weight and find her balance as she practices standing. As she takes sideways steps while holding on to furniture, she will feel excited and will want to try walking independently.

What you do

- Once your baby can pull herself to a standing position, place a few chairs in a row, and put a toy on the first chair with your child standing in front of it.
- Put a second toy on the next chair after she plays with the first toy. Stand back and see if she will move from chair to chair.
- Do not make her stand again if she sits to play with the toy. Let her move at her own pace.
- Gradually move the chairs slightly apart as she gets better at the game.
- Pick her up and cuddle her when she finishes. Let her know you are happy for her accomplishment.

Ready to move on?

Let your baby move independently for a few steps with the support of a cardboard box. Stand your child beside the box and offer support while placing her hands on one edge for balance. Keep your hand on the box to steady it. She may move it accidentally at first as she shuffles her feet to maintain her balance. Offer encouragement for her new skill.

You're using the box to help you walk!

Let's read together!

I Love You Through and Through
by Bernadette Rossetti Shustak