



## BUILDING BLOCKS FOR WALKING



Head control - the beginning of balance.



Push - ups strengthen upper back.



Rolling shifts weight and builds in twist.



Sitting strengthens lower back.



Spinning on tummy - strengthens shoulders and trunk.



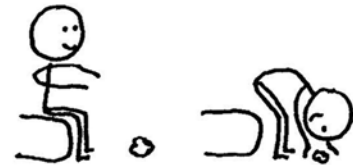
Down from sitting - weight shift plus balance.



Using a foot for a prop.



Crawling strengthens trunk, shoulders, hips.



Using feet for balance and shifting weight over them.



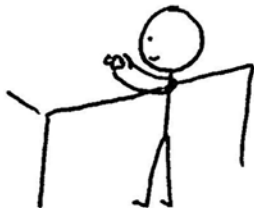
Balancing with hips straight and knees bent.



Balancing with knees straight and hips bent.



Pulling to standing.



Play in standing - first leaning, then hands only.



Cruising sideways strengthens hips



Stepping between furniture.