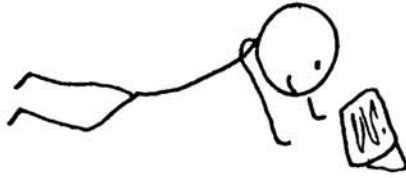
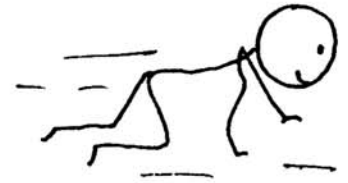


CRAFTY CRAWLING

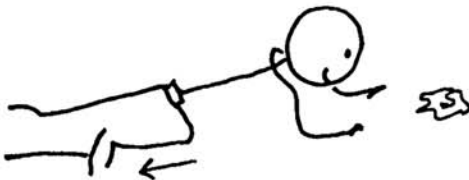
Getting a move on can be tricky.



Tummy time with good push-ups is a must.



Pivoting gets weight shift through shoulders - place toys to the side.



When knees start to pull up, give a backstop to the foot.



Use your legs to give a belly prop and back stop. Then rock your legs and your babe together.



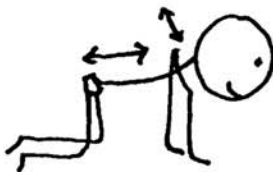
Try sliding a knee up beside the chest.



Shift the hips over the knee.



WAIT for the other knee to pull up.



Gently rock back and forth or side to side.



Try using a towel for a lift.