

LET GO!
It's easier than you think.



Cruising is a cool thing to do. It builds great control for keeping the pelvis level. It gives lots of practice with planning how to go.

If babes wait much beyond 12 months to start walking solo, they begin to have too much common sense to let go. Then it takes some gentle persuasion - and slick tricks - to convince a body to take the risk.



Try to give hand support **BELOW** shoulder level.

Offer an open palm vs. a tight hand hold.

Try offering support "once removed" - a broomstick,



a tea towel,

a scarf held loosely,

a sock or toy.

Gradually ease off the support you give and your babe still has something to hold.