Positioning

To develop cruising stand the child facing the settee, place a toy just out of reach to one side and encourage the child to step sideways.

To assist this, first rock the child gently from side to side (with your hands around their hips), so they feel their body weight move from one foot to the other.

If necessary, help the child to make their first sideways step - lean them slightly to one side then lift the other leg and place it slightly out to that side.

Once they can cruise along the settee encourage them to cross a small gap to move to the next piece of furniture.

Play Movement Ideas

Cruising

Please check with your child's physiotherapist before using these play movement ideas.

Play ideas

Try using the child's favourite toy as an incentive to move.

Use a child sized table and place toys/activities on it e.g.

- Playdough
- Crayons and paper
- Bricks to build towers
- Puzzles
- A snack

Place toys on the sofa/chair e.g.

- Mirrors
- Soft toys/teddies
- 'cause and effect' toys - musical/light up drum
- Musical instruments

Try using bubbles or balloons.