

Information for Patients

Activities to Promote Walking

Physiotherapy Service

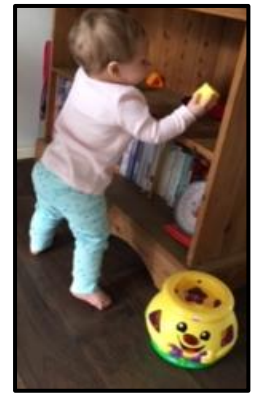
All children develop their gross motor skills at different times and will spend different lengths of time at each stage.

CRUISING

In order for children to be able to step they need to be able to release a leg to move.

Spending time encouraging your child to weight shift from side to side and forward will help towards stepping. You can help your child by guiding their weight from their hips.

Once your child is happy weight transferring encourage your child to cruise along an appropriate sized surface such as a sofa by using toys they engage well with.



WALKING AIDS

The use of walkers, prams and push-a-longs are good encouragement for children to develop children's co-ordination and balance and awareness to step.

Once your child is confidently cruising and using a push-along encouraging them to bridge a gap between 2 different surfaces will help them develop their independent stepping skills, balance, stability and co-ordination to work towards an independent gait.



This document is available in Welsh / Mae'r ddogfen hon ar gael yn Gymraeg