

Getting Ready to Walk



To walk in a good pattern and with control, a child needs a balance of muscle activity.

Pre-walking skills are:

- ✓ Getting in and out of sitting without help
- ✓ Getting onto hands and knees and crawling
- ✓ Pulling self up to standing and sitting back down with control (not plopping down)
- ✓ Squatting down and then standing up again
- ✓ Standing alone
- ✓ Catch self with hands to stop a fall
- ✓ Walk sideways, holding onto furniture
- ✓ Walk sideways, hands flat on the wall
- ✓ Move from sitting or crawling into squatting and then into standing without holding on to something

These are the skills to encourage, rather than 'practicing walking'.