

crawling concerns

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When should my baby crawl? Is it ok if they skip it?

Creeping, scooting and crawling will occur usually between 6-12 months of age but should you be alarmed if your baby is not crawling by their first birthday? Not necessarily. While every baby is different, it is about looking for clues your baby is making attempts to prep to crawl.

While to some crawling is not considered a necessary milestone of development it is important to help boost gross and fine motor skills, balance and coordination. Skipping it can slow right brain/left brain integration. It is also important babies have a typical crawl pattern, often called cross crawl. But if they don't, it could be an easy fix. Bring your baby in for a thorough chiropractic evaluation and we will determine if they need something gently adjusted. Let's help set your baby up for success and NOT let them skip right to walking.



the one legged tripod

This is a common style of crawling that is usually easy to correct with a few adjustments to the pelvis and having the parents help the tripod leg tuck back under the body where it should be.



the bear crawl

Babies will find the easiest way to get from point A to B. While parents see a silly way of crawling we see the need to check their sacrum and tailbone to make sure it can tuck with movement.



the butt scoot

While your baby is cute quickly scurrying across the floor this type of crawl raises a flag. We need to correct the tension in their spine and pelvis so they can be on all 4's comfortably. This is common in babies who avoided tummy time.

HOW TO HELP

It starts with tummy time. You have to help your baby have more play time while on their belly, especially those first few months. It is the best thing you can do to ensure they have the upper body strength needed to crawl. Give them a safe space to explore the room on their belly. If a baby is always in your arms, a carrier, swing, or asleep they will not be putting in the time on their belly needed to roll over and build strength.



CLUES TO CRAWLING

1

strong tummy
time skills

2

rolling over

3

sitting
unsupported

4

bellycrawl
and pushing
backwards

5

rocking on
all fours

6

crawling!



Between 3-4 months let them play on their belly often and help them roll onto their back. Hanging out on their side stuck between belly and back is a great place to strengthen their head, neck and shoulders. Prop them up with towels or blankets and use spinning toys or a mirror to encourage playtime.



Chiropractic Care

If your baby skips or fights any of the steps leading up to crawling, especially hating tummy time, then bring them in for a chiropractic evaluation. We will examine to determine the problem then make gentle adjustments as well as offer suggestions for at-home exercises to help set them up for success.

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