Crawling Matters

Crawling has enormous developmental benefits for young children. Both arms and both legs move in opposition to one another, which not only develops physical coordination, but also accelerates the growth of critical connections between the right and left sides of the brain.

Some children skip the crawling stage in favor of bottom shuffling, or they shoot straight up to walking. If that happens, encourage the child to crawl with push-along toys, such as toy cars and trucks.

The Evolution of Independent Movement: A Guideline, Not a Mandate