

Crawl to Me

MINI KIT PLAY GUIDE

6M+

LOVE

EVERY[®]

Hi, You

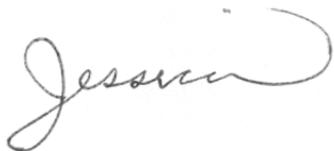
Hi, you!

There's a lot of emphasis on milestones, and it can be hard not to compare. But comparing your baby to where they were a month ago is more useful than comparing them to your friend's baby. The truth is, a lot of your baby's development happens between the milestones, and you can influence it more than you might think.

Here's an example: Between rolling and crawling, your baby will begin pressing up through straight arms, supporting their weight with one arm as they reach with the other, and pivoting on their tummy. These skills may seem subtle, but they're the ones child development experts want you to work on to support crawling.

The activities included in this guide are designed to give your baby the playful motivation to balance, reach, pivot on their tummy, and get ready to crawl.

XO,

A handwritten signature in black ink that reads "Jessica". The signature is fluid and cursive, with a large loop at the end.

Jessica Rolph
Cofounder and CEO



Included with the Crawl to Me Mini Kit



**'I LOVE YOU ALL THE TIME'
BOARD BOOK**



**MORE TO EXPLORE
BUILDING BLOCKS**



**SHAKE & ROLL
WOBLER**



**GRASP & TURN
SILICONE TEETHER**

Important safety note: Always supervise your baby during tummy time, and place them on a low, safe surface. Avoid thick bedding, pillows, or other soft materials that may pose a suffocation risk when your baby is on their belly.

Crawling

Fact

The *skills* that lead to crawling can be almost as important as crawling itself.

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The importance of crawling

Crawling has a broader age range than any other developmental skill in the first year of life—and babies find all kinds of ways to do it. That's why the Centers for Disease Control removed crawling from their list of milestones in recent years. So why do experts still put so much emphasis on it?

Crawling on all fours is a uniquely complex movement pattern. It requires your baby to coordinate their upper body, lower body, left side, and right—all at the same time. They're also holding up their head and body weight while balancing. And these are just the skills you can see. Crawling also supports some less obvious developments, like eye movement, depth perception, and spatial awareness.

Working on the skills that lead to crawling gives your baby the best chance of learning to crawl on all fours. Then, even if they slide on their belly, scoot on their bottom, are late to crawl, or skip it altogether, they will still benefit from this skill progression.



Scooting backward on their belly

(7 to 8 months on average)

Scooting backward on their belly

Before they move forward, your baby will likely start scooting backward on their belly. Because tummy time gives your baby so much practice pushing with their arms, that's naturally how they'll try to move at first.

Give your baby:

- Time on their belly. Even once they can sit up, your baby needs plenty of opportunities to figure out how to move forward.
- Something to push their feet against. Place the palms of your hands against the bottoms of your baby's feet to prevent them from going backward. It may take them a few tries before they get it.
- A plaything just out of their reach. It should be close enough that even a small movement forward will be enough to grasp it.



Reaching and leaning

(8 to 9 months on average)

Reaching and leaning

In order to crawl independently, your baby needs to easily switch between a sitting position and being on their hands and knees. They learn to do this while sitting by first reaching far enough for a toy that they lean to one side. Once they lean far enough, they'll put a hand on the floor for support and begin lifting their bottom.

Give your baby:

- A plaything to reach for while they're sitting on the floor. Start by placing a toy just a few inches to one side of your baby—be ready to catch them if they topple. Place the toy farther away from where they're sitting as they get steadier.
- Time to sit and play with the toy once they grasp it. Each time they return to the sitting position, they strengthen their core muscles.
- Opportunities to transition from a sitting position to their hands and knees. Babies usually figure out how to get back to sitting on their own.



Scooting forward on their belly

(8 to 9.5 months on average)

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Scooting forward on their belly

Your baby may learn to pull forward with their arms before they're able to get up onto their hands and knees. This movement is often referred to as army crawling or slithering. Babies can get really good at it and then resist learning hands-and-knees crawling. To encourage your baby to lift their belly, give them obstacles to crawl over on the floor, like firm chair cushions, folded towels, or a parent's leg.

Give your baby:

- A better grip by putting them in a short-sleeved onesie with their bare legs on a hard floor.
- An interesting plaything, like the Shake and Roll Wobbler, just on the other side of a low obstacle. A small, firm cushion or your leg requires them to lift their belly off the floor and use their legs.
- A helping hand by supporting and gently lifting their tummy off the floor. This isn't practical every time, but it can give your baby experience in the hands-and-knees position.



Self-supporting on hands and knees

(9 to 11 months on average)

Self-supporting on hands and knees

When your baby first begins to get into the hands-and-knees position with their belly off the floor, they'll likely stay there without moving forward. You may see them rock back and forth, shift back to sit, or get a little frustrated.

Give your baby:

- Belly-down time with a small stack of folded blankets or towels under their chest. Their hands should be able to reach the floor with their arms straight. Help your baby bend their knees below their hips.
- A plaything to look at directly ahead of them when their head is lifted. Around this age, your baby will develop a new reflex that bends their legs when they lift their head. Try stacking all four More to Explore Building Blocks into a tower for your baby to crawl toward.
- A plaything just out of reach to encourage them onto their hands and knees. Once they're in a crawling position, move the plaything closer to them so they have to reach for it with one hand. This mimics the first movement of crawling.



Crawling forward with their belly off the floor
(9 to 11 months on average)

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Crawling forward with their belly off the floor

This is where your baby puts all of the previous skills together, but it will take them time and practice to smoothly coordinate the movements. If your baby isn't crawling by around 12 months—or shows little interest in moving forward at all—it's a good idea to check in with your pediatrician or an early childhood specialist for guidance.

Give your baby:

- Plenty of floor time. The more time your baby spends moving freely on the floor—and not walking with your help or in a baby seat, bouncer, or walker—the more time they have to practice.
- Obstacles for fun practice. If your baby is already crawling and needs more of a challenge, try creating a mountain of firm chair and sofa cushions. This activity is also good for babies who are trying to quickly move past the crawling stage or have skipped it altogether.
- Support getting onto their hands and knees. Gently help your baby into the crawling position by placing your hands under their tummy or putting a folded towel under their chest. Let them rock back and forth—rocking on hands and knees is an important pre-crawling skill.

Tip

Encourage your baby to crawl on their *hands and knees*—even if they prefer to scoot, roll, or pull up.

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The Playthings



Book circle tummy time

4 to 5+ months

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Book circle tummy time

'I Love You All the Time' Board Book

Why do this

Before they crawl, your baby will build strength and coordination by learning to pivot on their belly—turning in a circle while pushing up through their arms. Your baby loves to look at images of other babies, so books with real photography—like *I Love You All the Time*—give them an engaging reason to lift their head, reach, and twist.

How to do it

- Place your baby on their tummy. Open *I Love You All the Time* and a few other Lovevery board books. Then, stand them in a circle around your baby, just out of their reach.
- Point to pages of the books just to your baby's left or right to encourage them to pivot on their belly. You may see them begin to shift their weight, kick their legs, or swivel their body to see the different pictures.
- If you notice that your baby turns more easily in one direction, make sure to give them extra practice and encouragement with the other side.



Chase the wobbler

6+ months

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Chase the wobbler

Shake & Roll Wobbler

Why do this

When your baby is on their belly, they build strength in their arms, shoulders, and core—the same muscles they'll need for crawling. A rolling toy, like the Shake & Roll Wobbler, motivates them to push up, reach forward, and eventually move after it. Place it just within your baby's reach to give them the right mix of challenge and success as they learn.

How to do it

- Place your baby belly-down on the floor and stand the wobbler on one end in front of them—just within their reach.
- Encourage your baby to reach for the wobbler. In their attempts, they'll knock it over and watch it roll a few inches. This is an opportunity for your baby to problem-solve. Watch and see if they pivot, push with their feet to inch forward, or accidentally scoot back.
- Celebrate even small efforts, whether your baby stretches an arm, scoots forward, or eventually chases the wobbler on hands and knees.



Scooting toward the block tower

6+ months

Scooting toward the block tower

More to Explore Building Blocks

Why do this

At this stage, your baby wants to move but likely hasn't figured out how just yet. Having some fresh ways to motivate them can help. A stack of soft blocks is an excellent incentive to move because it's colorful and fun for your baby to knock over.

How to do it

- Place your baby in tummy time—bare feet on a wood floor is ideal—and build a tower in front of them with the More to Explore Building Blocks. Count as you go to build anticipation for your baby: “One block, two blocks, three blocks...”
- Knock the tower over and clap or cheer to catch your baby's attention.
- Rebuild the tower just an inch out of your baby's reach and encourage them to push with their legs, pull with their arms, and try to scoot forward to reach it.
- If they keep scooting backward, let them push their feet against your palms to propel them forward.



Hands-free sitting

6 to 7+ months

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Hands-free sitting

More to Explore Building Blocks

Why do this

Around 7 to 9 months, babies are often able to do more active playing in a sitting position. An engaging two-handed activity—like pulling a removable piece out of a soft block—encourages your baby to practice hands-free sitting, strengthens core muscles, and builds fine motor skills.

How to do it

- Seat your baby on the floor and place the soft block with removable crinkle piece in front of them.
- Show your baby how to pull out the removable piece and crinkle it so they can hear the sound. Then, replace the removable piece and offer the block to your baby.
- Give your baby some time to play with the block. They'll have to coordinate both hands as they pull the piece out and push it back in.
- For an added pre-crawling challenge, begin placing the block and removable piece farther away so your baby has to lean just a little bit to reach it.



Reading in the crawling position

7+ months

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Reading in the crawling position

'I Love You All The Time' Board Book

Why do this

Giving your baby something interesting to look at when they're on their hands and knees motivates them to hold this position, building their strength and stability for crawling. Filled with photographs of real babies, *I Love You All the Time* is an appealing reason for your baby to keep their head lifted and their body in the crawling position for a little longer.

How to do it

- Put your baby in tummy time. Open *I Love You All the Time* and show your baby a few of the pages. Then, stand the book up on a low surface—like a firm cushion or stack of books—a few feet away from your baby.
- Sit behind them and help them up onto their hands and knees. Hold and lift their waist as you guide it back toward you. You may need to bend your baby's knees and tuck their legs under their hips.
- If they don't stay in the position on their own, gently hold up their waist and let their feet push against your body to keep their knees bent.



Twist and lean to reach a plaything

7 to 8+ months

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Twist and lean to reach a plaything

Shake & Roll Wobbler

Why do this

Once your baby can sit without toppling over, they're ready to start twisting and leaning to reach for a toy or a teether. The idea is to gradually increase the distance between your baby and the object they're trying to get. Putting one hand on the floor for support while reaching with the other is the very beginning of getting into the hands-and-knees position.

How to do it

- Place your baby in a sitting position on the floor.
- Separate the wobbler into its three pieces, and place the rattles around your baby.
- Gently shake one of the rattles to get your baby's attention, then place it just to the side so they need to twist and lean over to reach it.
- As your baby becomes more successful, move the rattles farther away until you see your baby start to put one hand down for support while reaching with the other.



The first crawling steps

9+ months

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The first crawling steps

Grasp & Turn Silicone Teether

Why do this

It's time to connect two skills your baby has already practiced—holding the crawling position and leaning far to the side while sitting. Now, they're ready to lean so far that they lift their bottom and shift their weight onto their hands and knees. A teether gives your baby a simple incentive to move into the crawling position and is easy for them to enjoy with one hand as they support their weight with the other.

How to do it

- Place your baby in a sitting position on the floor and show them the Grasp & Turn Silicone Teether.
- Place the teether a few feet away from your baby, off to their side. Encourage them to reach for it by twisting and leaning as far as they can.
- When your baby is at their maximum reach, help them lift their bottom up off the floor and over their knees. This is the crawling position. They may rock back and forth or even take a first crawling step or two.
- If your baby is able to take a few crawling steps to reach the teether, they may briefly enjoy it while on their hands and knees or shift back into sitting. Both are good practice.



Crawling with a teether

9+ months

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Crawling with a teether

Grasp & Turn Silicone Teether

Why do this

Once your baby has established a steady hands-and-knees crawl, you can encourage them to crawl while holding a small teether or other lightweight toy. Managing movement while gripping an object challenges your baby's coordination, balance, and strength.

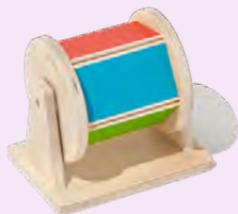
How to do it

- Offer your baby the Grasp & Turn Silicone Teether.
- Once they're holding it, place another favorite toy or object a short distance away to encourage your baby to crawl toward it.
- Watch how they experiment. Some babies will crawl with one hand down and one hand carrying, while others might pause and switch hands or even try crawling with the toy in their mouth. All of these approaches are part of learning coordination.
- Keep the distance short at first, then gradually increase it as your baby gets stronger and more confident.

More Lovevery

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More *fun and learning* from Lovevery



Give your baby something to crawl to
Get the Spinning Rainbow in The Senser Play Kit



Read them an interactive book
they'll love right now

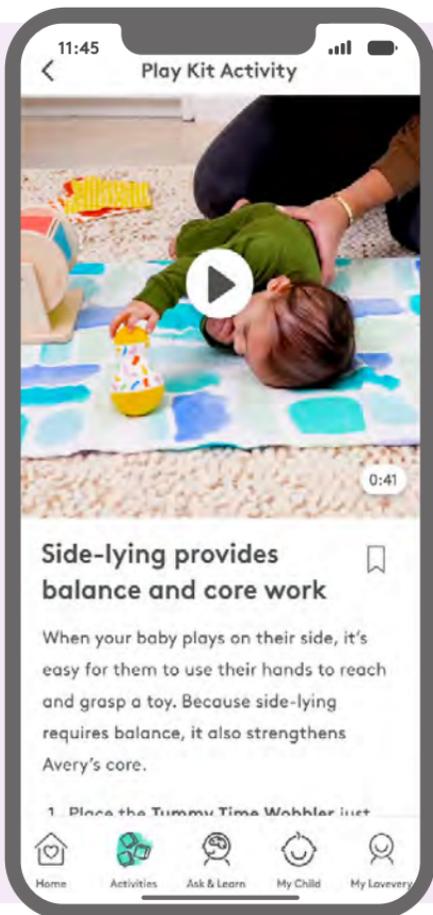
Scan the QR code to find the 'Plant a Seed'
book in The Play Kits or Early Reader Club



Next, show them they
can make things happen

Get the Little Cause, Big Effect
Mini Kit at [Lovevery.com](https://www.lovevery.com)





Find more *inspiration* in

The Lovevery App



Could your baby be *craving* more?

Explore the Play Kits by Lovevery



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