

At this stage, a baby needs lots of opportunities to practice rolling, moving around on their tummy and floor play as they are starting to pull themselves up, begin movement or crawl.

Support the child with their movements using encouraging words.

All babies are unique and will find their own way to move, but these are some of the ways you can support a baby to move:

1. Give baby lots of opportunity for tummy time as this will develop their muscle strength in their shoulders, arms, back and tummy. All these muscles need to be strong before a baby can crawl
2. Place toys/objects slightly out of reach and encourage baby to move towards the toy
3. To develop balance and confidence, place your hands behind their feet when they are on all fours as this will help them to 'push off' when learning to crawl
4. Provide space and time to explore, making sure there are no hazards on the floor space.

How Babies Learn to Crawl

Babies need to figure out how to do arm-leg crawling movements and sometimes will move backward first before crawling forward.

This can be frustrating for them and will need lots of encouragement and support from **you**.



Let's Crawl activity:

A fun game to encourage crawling confidence on all fours, is to create a tunnel from a cardboard box. Place your baby on all fours by the edge of the cardboard box. Move to the other side of the box and call their name encouraging them to move through the tunnel. You can also try rolling a ball through it and encourage them to follow or play 'peep po'.

Amser cropian!

Yn ystod y cyfnod hwn, mae eich babi angen llawer o gyfleoedd i ymarfer rholio, symud o gwmpas ar ei fol a chwarae ar y llawr wrth iddo ddechrau tynnu ei hun i fyny, dechrau symud neu gropian. **Cefnogwch ymdrechion eich plentyn gyda geiriau calonogol.**

Mae pob babi yn unigryw a bydd yn dod o hyd i'w ffordd ei hun i symud, ond dyma rai o'r ffyrdd y gallwch chi ei gefnogi:

1. Cynnigiwch lawer o gyfleoedd i'ch babi fod ar ei fol, gan y bydd hyn yn datblygu cryfder y cyhyrau yn ei ysgwyddau, ei freichiau, ei gefn a'i fol. Mae angen i'r cyhyrau hyn i gyd fod yn gryf cyn y gall eich babi gropian.
2. Gosodwch deganau/gwrthrychau allan o gyrraedd eich babi gan ei annog i symud tuag atynt
3. Er mwyn datblygu cydbwysedd a hyder eich babi, gosodwch eich dwylo tu ôl i'w draed pan fydd ar ei bedwar, er mwyn rhoi rhywbeth iddo wthio yn ei erbyn wrth iddo ddysgu cropian.
4. Rhowch ofod ac amser i'ch babi archwilio, gan sicrhau nad oes unrhyw beryglon ar y llawr o'i gwmpas.

Gweithgaredd amser cropian:

Gêm hwyliog i annog hyder eich babi wrth gropian. Gwnewch dwnel allan o focs cardfwrdd a gosod eich babi ar ei bedwar o flaen y twnel. Symudwch i ochr arall y bocs, a galw enw eich babi, i'w annog i symud trwy'r twnel tuag atoch. Gallwch hefyd rollo pêl trwy'r twnel ac annog eich babi i'w dilyn, neu chwarae 'pi-po'.

Sut mae babanod yn dysgu cropian:

Mae angen i fabanod ddysgu sut i gydlyn symudiad eu breichiau a'u coesau er mwyn cropian, ac weithiau byddant yn symud yn ôl yn gyntaf cyn cropian ymlaen!

Gall hyn fod yn rhwystredig iddynt a bydd angen llawer o anogaeth a chefnogaeth gennych **chi**.

