

Late Walkers



All children develop at their own pace but usually do so following common patterns. Most children crawl before they walk. They pull up on furniture and stand to play before they take steps. Most children learn to walk by themselves by the age of 15 months.

Your child has been referred to physiotherapy to give you help in bringing them on with their walking. While you are waiting for your physiotherapy appointment you can try these games with your child to help them get organised and interested in standing up and moving. *Don't get discouraged. These are games and should be fun for you and your child. If you feel uncomfortable with any of these games you can wait and discuss it with the physiotherapist.*

1. Play on the floor with your child. Stop making use of baby seats, bouncers, walkers and any other equipment. Your child will learn to move best by playing with you on the floor on a mat or carpet.
2. Help your child move in and out of sitting - but try not to do it for them. For example: Help your child push up from lying to sitting (the way most of us get out of bed in the morning) rather than you lifting your child up from lying. This helps them learn how to move.
3. Play in kneeling or standing at the sofa or toy box. This helps your child have a reason to stand up and helps them learn to balance in an upright position.
4. Play at the sofa or toy box with your child sitting on your knee. Help them keep their feet on the floor, leaning forward to play with toys up on the sofa/box. They might even move up to standing from here after a while.
5. Try taking a few steps along the sofa/box by moving the toys a small bit out of reach to tempt your child to reach and step to the side.
6. If your child is interested in walking, but will only do so holding your two hands then try helping them to push a chair, box, or sturdy push toy. You may need to weight the push toy or tape the wheels to slow it down a bit until your child has better balance in standing.