



## Crawling Styles

Watching your baby learn to crawl and move independently can be a truly memorable time. Take advantage of this brief period; before you know it, your little one will be pulling up, standing, and walking. Not every infant crawls in the traditional manner.

Different crawling styles include:

- **Classic hands-and-knees or cross crawl.** This is when babies bear weight on their hands and knees, then moves one arm and the opposite knee forward at the same time.
- **Bear crawl.** This looks like the classic crawl, but babies who do this keep their elbows and knees straight, walking on hands and feet like a bear.
- **Belly or commando crawl.** Baby's who favor the military-style crawl move their bodies forward while dragging their bellies against the floor.
- **Bottom scooter.** Babies scoot around on their bottom using their arms to move forward.
- **Crab crawl.** Moving backward or sideways like a crab, babies propel themselves with their hands.
- **Rolling crawl.** Babies with style of crawl get to their destination by rolling from one place to another.



Exploration and experiences affect a child's earliest learning, which shows why it's important for parents to encourage the development of their child's motor skills.

Tummy time (</English/ages-stages/baby/sleep/Pages/The-Importance-of-Tummy-Time.aspx>) provides a foundation for the skill of crawling. Floor time and crawling play an important role in your child's development!

## Additional Information

- [Movement: 4 to 7 Months \(/English/ages-stages/baby/Pages/Movement-4-to-7-Months.aspx\)](/English/ages-stages/baby/Pages/Movement-4-to-7-Months.aspx)
- [Movement: 8 to 12 Months \(/English/ages-stages/baby/Pages/Movement-8-to-12-Months.aspx\)](/English/ages-stages/baby/Pages/Movement-8-to-12-Months.aspx)
- [Childproofing Your Home \(/English/safety-prevention/at-home/Pages/Childproofing-Your-Home.aspx\)](/English/safety-prevention/at-home/Pages/Childproofing-Your-Home.aspx)
- [Does My Child Have Physical Development Delays? \(/English/MotorDelay/Pages/default.aspx\)](/English/MotorDelay/Pages/default.aspx)

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