



Exploring the world with hands and mouth

Exploring food

At the Crawler stage, your baby is learning all about how to eat different foods. [Baby food made for the Crawler stage](#) is thick and lumpy, so your baby can feel it in their mouth without needing to chew it too much. Though they're getting better at controlling food, it's still too early for anything sticky, small or round—so make sure the foods you're giving your baby are developmentally appropriate.

Moving all the time

Whether they're sitting up or lying down, your little one's moving in their own way. They're looking around, wiggling, and grabbing their little toes. It's all helping to make them strong enough to crawl. Since arm muscles are better developed than legs, don't be surprised to see them pushing backward instead of forward. If you haven't already, now is the time to baby-proof your house.

Encouraging their crawling

One of the most exciting parts of the Crawler stage is watching your baby figure out how to really get around. Once they're on the move, you can encourage them by:

- Placing objects just out of reach.
- Putting soft objects, like pillows or cushions, in front of them. It teaches them how to crawl over and around things. It's also a great for peek-a-boo!
- Block access to stairs for now to keep your little one safe. They'll climb those soon enough.

Your baby won't be crawling for long, though. Once they can pull themselves up, they'll take a few steps using furniture to keep their balance. A lot of times, babies go from their first steps to walking on their own within a few days or weeks. Eventually they'll zoom right past you.