

Most **baby gear** is designed to make things easier for the adults. A child does not need equipment in order to have a normal development.

Your child can easily tolerate being placed in a **rocker**, for instance while the family is eating. However, babies move more freely when lying on the floor.

When in a car, it is important that your child is properly secured in a **car seat**. However, children should not be placed in a car seat when not in a car.

Using a **carrier or shawl** can be useful when hiking or when you need to have your hands free.

Baby walking carts or walkers do not promote the development of independent walking⁵ and is not recommended for healthy children.

References:

1. Inger Grøntoft. Balanseutvikling hos barnet. I Fadnes B, Leira A. Balansekoden – om samspillet mellom kroppslig og mental balanse. Oslo: Universitetsforlaget 2006.
2. American Academy of Pediatrics AAP. Task Force on Infant Positioning and SIDS: Positioning and SIDS. Pediatrics 1992; 89: 1120-61.
3. Hellem E. Mage- eller ryggeleie for spedbarn – hva sier vi til foreldrene? Tidsskr Nor Lægeforen 2000; 120:2573.
4. Størvold GV, Aarethun K, Bratberg GH. Age for onset of walking and prewalking strategies. Early Hum Dev 2013;89:655-9.
5. Burrows P, Griffiths P. Do baby walkers delay onset of walking in young children? Br J Community Nurs 2002; 7:581-6.

Motor Development in Children



Children require a lot of closeness and **security** from birth.¹ It is important to give your child time to explore your face, your eyes and your voice. Through interaction you gradually learn to interpret and understand the child's signals and expressions.¹ A child's ability to control itself is not yet fully developed. Consider that the child may need **rest** without too many stimuli during the first months of life.

A child's development is influenced by many factors, such as temperament, body size and opportunities to unfold. Children develop at **different rates**. They learn through exploration and experience and need time to become familiar with their own bodies and surroundings. It is not a goal that they should develop as quickly as possible.

It is recommended that children sleep on their back.² To ensure **variation**³ it is also recommended to lie on the tummy or on the side. In the beginning, it is hard for a child to lie on its tummy. Many short intervals may be better than a long one. Take a break when your child wants to.



On its tummy on adults's chest



On the side in front of an adult



On the floor in front of an adult

Some children have a tendency to lie with their face to one side only. Children often turn toward moving persons, familiar faces and sounds, sources of light (like lamps, TVs, windows) etc. Parents can use this knowledge to help the child to turn its face to **both sides**.



Help your child look to both sides



Vary the shoulder of which you carry your child



Vary the arm-crook in which your child rests when bottle-feeding

If your child always looks to one side only, contact the public health nurse or physical therapist at your local health clinic.

Healthy children do not need help to practice **sitting without support**.¹ When the child is able to sit up for itself, it is ready to sit and play on the floor.

When a child is able to stand up, it will often begin to walk alongside furniture while holding onto it. It varies how old children are when they are ready to let go and **walk on their own**.⁴