

## Exercise Prescription: Cross Body Taps

Purpose of Exercise: This exercise aims to enhance bringing opposite arm to leg, meeting in the midline, for cross-body patterning. This is the foundation for crawling.

Frequency:

Ten reps each side. This is great to do during every diaper change.

Starting Position:

Baby laying on their back.

Exercise Description:

Gently bring arm and opposite leg to meet each other at baby's midline.

Pictures:

