



THE FREE MOUR.FIT GUIDE

TIME ON FEET

The 8-Week First Steps Standard

What counts. What doesn't. How to help.

They don't need to be taught to walk.
They need reps, a safe place to fall,
and someone who shows up for the practice.

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One dad's progression. Not medical advice. Read page 2 first.

READ THIS FIRST

I am a strength coach, not a doctor. This is the exact progression I used with my own baby in my own living room — a coach's way of thinking about assistance, applied to a kid learning to walk. It worked for us. It is not a prescription for your kid.

TALK TO YOUR PEDIATRICIAN BEFORE YOU START. Especially before using a band, and especially if your baby has any hip, joint, muscle-tone, or developmental concern. Babies walk anywhere from 9 to 18 months and that whole range is normal. If your baby isn't walking at all by around 18 months, that's a conversation for their doctor — not a reason to push harder.

ARE THEY READY?

Before Week 1, your baby should already be doing all three of these:

- 1 Pulling to stand on furniture**
- 2 Cruising sideways while holding on**
- 3 Putting weight through both legs**

THE TEST: hold one hand and walk a few steps. If they're hanging on your hand — gripping hard, leaning into you, letting you carry the weight — it's too early for Week 1.

Not ready is not a problem. It's a starting point. Start at the Prep Block on page 4.

WHAT YOU NEED

Two loop resistance bands — one noticeably stiffer than the other, wide and flat rather than thin and cord-like. A stroller. A push walker. One grippy surface to start on: a rubber mat, foam tiles, or low carpet. That's the whole equipment list.

WHAT COUNTS

THE HAND RULE · WEEKS 1–2

1

HANDS STAY LOW

At their shoulder height or below. Never above their head.

2

YOU NEVER LIFT. THEY PULL.

Your hands are a rail to hold, not a crane.

3

NEVER SWING THEM

Never lift by the hands or forearms. Never pull them up by one arm.

4

IF YOU'RE CARRYING THE WEIGHT, IT'S NOT A STEP

It's a hang. Drop to an easier week.

Pulling or lifting a small child by the hands or forearms is the most common cause of a partly dislocated elbow — “nursemaid’s elbow.” It happens in a second and it is completely avoidable. Support comes from under the arms or from the band. Never from their hands.

THE BAND SETUP · WEEKS 3–6

The band crosses the front of the chest, passes under both armpits, and comes out behind them. You stand behind, holding both ends with even tension.

Never around the neck.

Not once, not for a second, not “just to adjust it.”

Loose, not tight.

The band catches them — it does not hold them up. If it compresses the chest or changes their breathing, it's too tight.

Both ends, both hands, eyes on them.

Never let go under tension. Never leave a baby in a band, even for a moment.

Week 3 is the week you stop being the thing they walk toward and start being the thing that catches them.

NOT READY YET

Weeks A and B. Two weeks, no hand-holding. They push, you control the speed.

WEEK A — THE HEAVY SLED

They push the stroller. You hold the handle and control how fast it rolls. The stroller is heavy and stable — it can't run out from under them, and you are the brake.

Why it works: they carry their own weight, in their own balance, with something solid in front of them. No grip on you, and no dependence to unlearn later.

WEEK B — THE LIGHT SLED

Same movement, less mass: a push walker — the wagon-style toy they stand behind and push.

On hard floors these run away from a kid. Keep it on carpet or a mat, or weight it down, so it moves at their speed instead of gravity's.

A PUSH WALKER IS THE WAGON THEY WALK BEHIND. Not the seated kind a baby sits inside and rolls around in. Pediatricians have pushed for years to get those off the market — they are a serious fall hazard and they do not teach a baby to walk.

Every kid who walks stood here first.

HOW LONG DO YOU STAY HERE?

Two weeks is a guide, not a rule. Re-run the one-hand test at the end of Week B. If they're still hanging on your hand, run the block again — nobody is behind. When they push the walker across a room without looking for you, they're ready for Week 1.

THE SIX WEEKS

The whole program is one idea: every week, you give less.

WEEK	ASSIST	WHAT CHANGES
1	BOTH HANDS	You hold both hands, low, from the front. They walk into your steps.
2	ONE HAND	Half their balance is theirs now. Alternate sides each session so they don't build a favorite.
3	THICK BAND, CLOSE	Band under the arms, held close to the shoulders. Their hands are free for the first time.
4	THICK BAND, FAR	Same band, you stand further back. More sway, more room to correct themselves.
5	THIN BAND, CLOSE	Softer band, less catch — but you're close again while they feel the drop in support.
6	THIN BAND, FAR	Barely there. By the end you're holding a band that isn't doing anything.

WHY A BAND AND NOT A TOWEL

A towel is rigid. It either holds them up or it doesn't. A band gives — and that give is the whole point. It catches them without carrying them, so they wobble, correct, and learn.

THE WOBBLE IS THE WORK.

SHORT. OFTEN. STOP EARLY.

PAY A DAILY TAX

Three to five minutes, two or three times a day. Not one long session.

STOP BEFORE THE MELTDOWN

End while they still want more. A frustrated baby learns to hate the practice — and the practice is the whole program.

END ON A WIN

The last rep should be one they nail.

BARE FEET INDOORS

Bare feet grip better and tell them more about the floor than any shoe will.

DON'T TEST. TRAIN.

You don't need to check whether today is the day. You'll know.

THE SURFACE LADDER

The goal is that nothing surprises them. Traction is the constant. Everything else changes.

1 FIRM AND GRIPPY

Rubber gym mat, foam tiles, low carpet. Predictable underfoot, forgiving when they land. Start here.

2 SOFT AND UNEVEN

Grass, artificial turf, a thick rug. Now the ground moves a little. Harder balance, softer falls.

3 MIXED AND OUTDOORS

A park path, packed dirt, a sidewalk with grass beside it.

NEVER SLIPPERY. Tile or hardwood in socks isn't a challenge. It's a fall.

Babies aren't unsteady because they're weak. They're unsteady because everything is new.
Exposure is the fix.

WALKING IS A SIDE EFFECT.

You are not trying to make them walk sooner. Babies walk somewhere between nine and eighteen months, and every month in that range is normal.

What you're actually doing is giving them reps, being the safe thing they fall toward, and becoming the dad who shows up for the practice.

*One honest practice a day is 365 a year.
Most people's plan for tomorrow produces zero.*

THE FIRST STEP IS TODAY.

It can be ninety seconds of holding two hands
in the living room.

Reading this far was a decision. Now go stand them up.

WRITE IT DOWN

It will happen without warning. Probably in a hallway. Probably when you are not filming.

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FIRST STEPS — CERTIFIED

NAME

DATE

SURFACE

HOW MANY STEPS

WITNESSED BY

Time On Feet · 8-Week First Steps Standard · mour.fit

**You just ran an eight-week progressive program
for a client who can't talk and will never thank you.**

You can probably handle your own.

THE 30+ PULL-UP BLUEPRINT

This guide is free. The Blueprint isn't.
Look it over at mour.fit and fill out the application if you want in.



This guide describes one parent's personal experience and is provided for general information only. It is not medical, physical-therapy, or developmental advice, and it is not a substitute for care from a qualified professional. Every baby develops on their own timeline. Talk to your pediatrician before starting, supervise every session, stop immediately if your child shows pain or distress, and never leave a child unattended with a resistance band. You assume all risk. © Mour.Fit