

Infant Crawling Track

- The following are the instructions for the crawling track that we made for our infant daughter. Her progress was immediate and striking.
- The track is designed based upon a basic description provided in Glenn Donan's book "How Smart is Your Baby?" More information on how to use the track is provided there.
- The spray adhesive has a very strong odor. Allow some time for the fumes to evaporate before leaving the infant on the track for crawl training.
- Disclaimer: I am not a professional and this is simply a description of what I made because we had so many requests from other parents.
- The instructions for the Infant Crawling Track are provided as is without any guarantees or warranty. I make no warranties of any kind, either express or implied, including but not limited to warranties of merchantability, fitness for a particular purpose, of title, or of noninfringement of third party rights. Use of the product by a user is at the user's risk.

Crawl Training Ramp

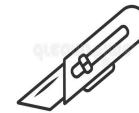
Shopping List

Qty	Item
1	19" x 48" plywood board (between 22/32" to 3/4" thick) (Plywood, Not MDF) (One 2' x 4' Handy Panel board from Home Depot cut in store to 19" wide)
2	1" x 6" x 4' boards (One 1" x 6" x 8' board from Home Depot cut in half in store for two 4' pieces)
1	Can of Gorilla Spray Adhesive
10	1.5" #8 Wood Screws
1	54" x 50" Fabric Panel (medium thick / some texture – need traction to crawl)
1	1" x 24" x 72" Upholstery Foam Sheet High Density (Density 1.5, Compress 44 LB) (mine was made by IZO All Supply - amazon.com/gp/product/B07B8VL5QQ)

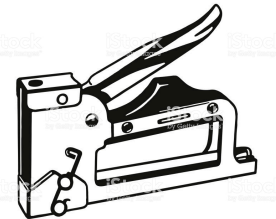
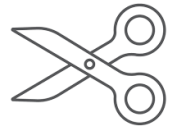


Other Items You Will Need

- Electric drill
- 3/32 drill bit
- Phillips head screw bit for drill
- Staple Gun
- ¼" staples to secure fabric to wood
- Sturdy cardboard sheet 27" x 48"
- Straight pins or safety pins
- Scissors and/or sharp utility knife
- Sharpie or other medium tip marker
- Yardstick



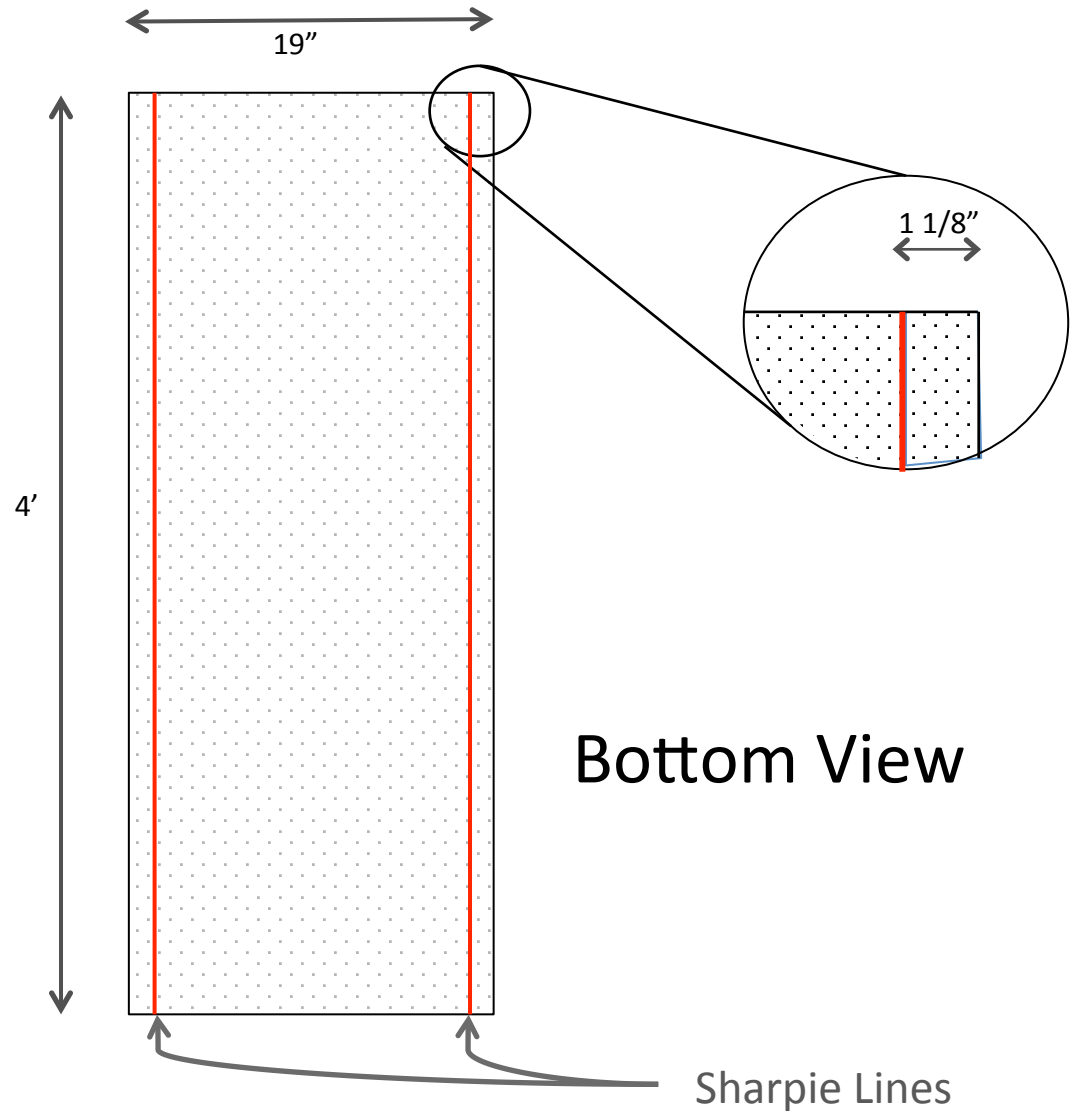
OR



Attach Side Walls To Base

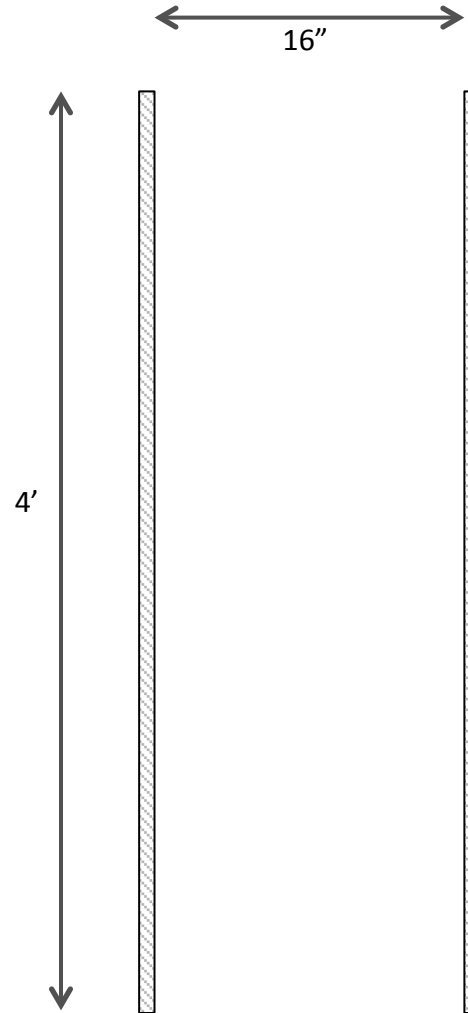
1. Using a Sharpie, draw 4' lines on each side of the 19" x 4' plywood sheet 1 1/8" from each edge.

(These will be your center lines when attaching the 1" x 6" x 4' boards to the plywood that will be the track Side Walls)



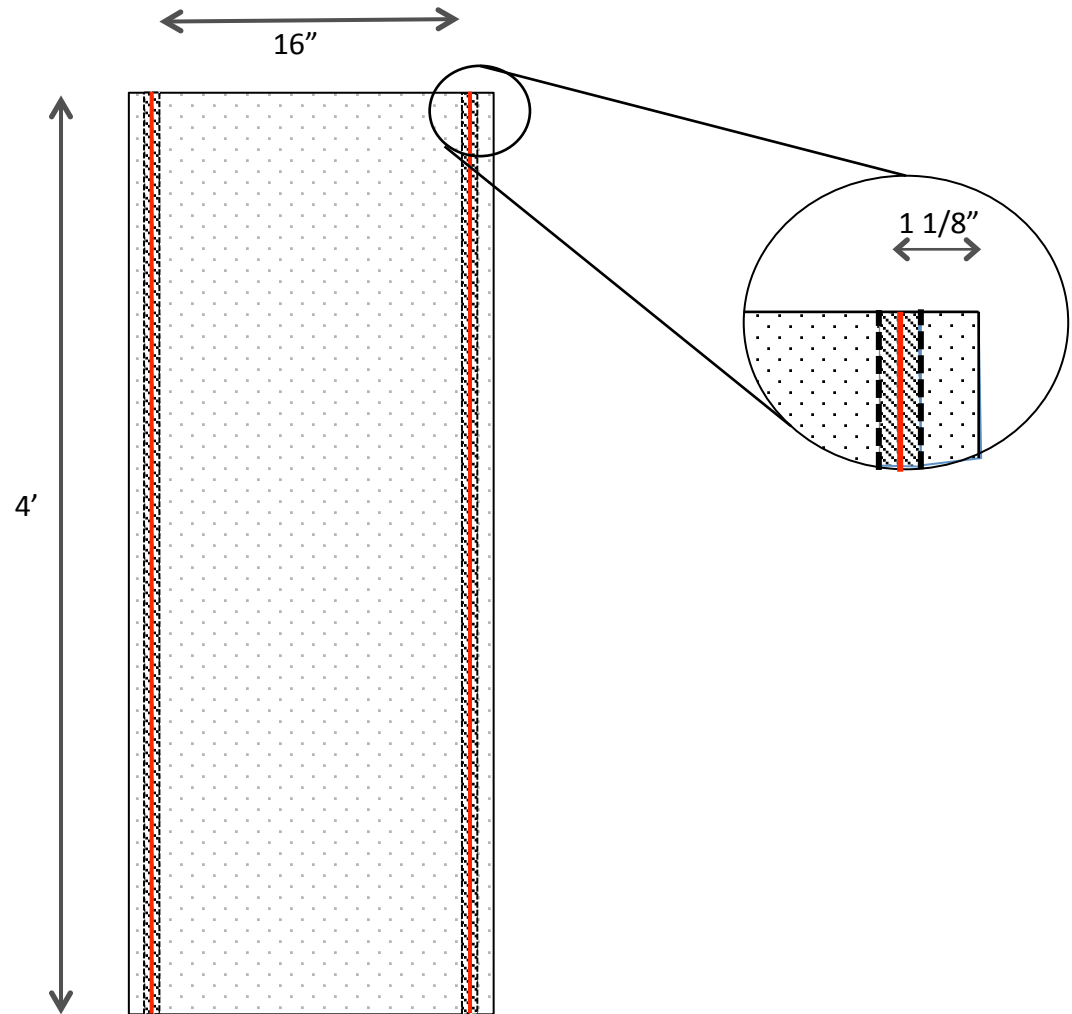
Attach Side Walls To Base, Cont.

2. Place both 1" x 6" x 4, boards on their sides, parallel to each other about 16" apart



Attach Side Walls To Base, Cont.

3. Lay plywood sheet on top, lines facing up. Align lines to the center of each board that is located directly beneath each line.



Attach Side Walls To Base, Cont.

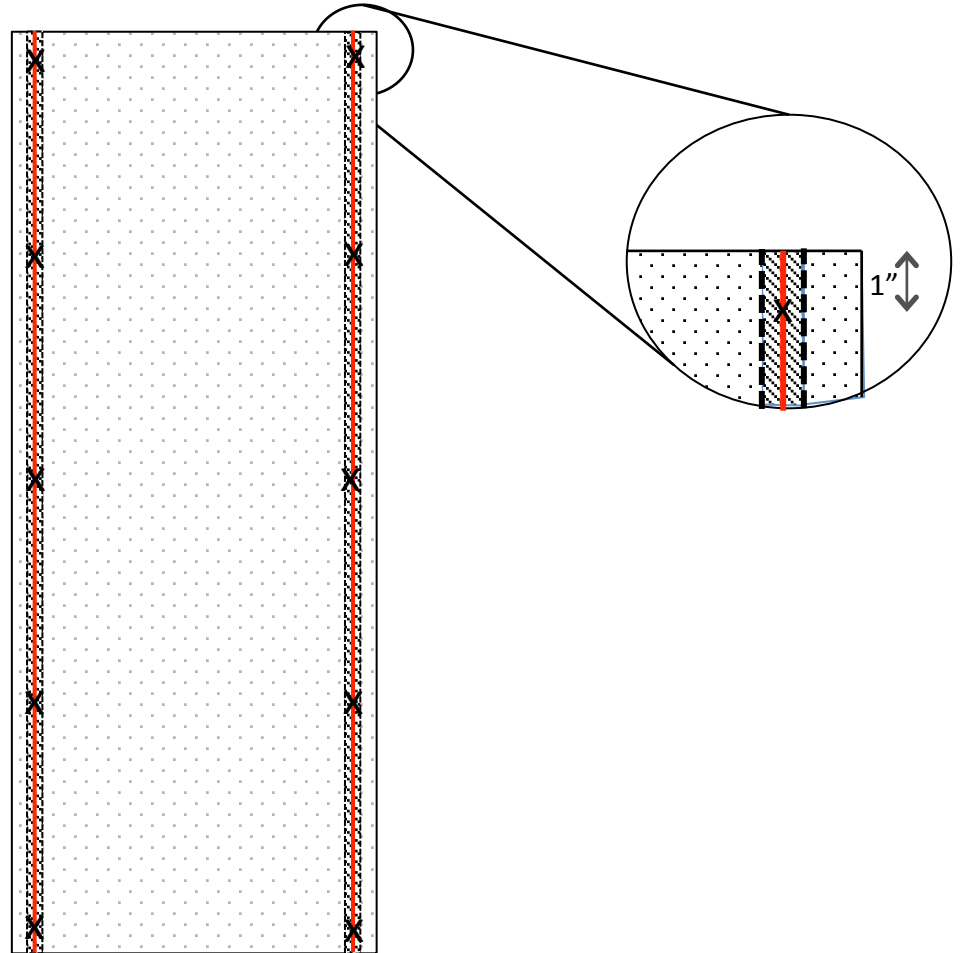
4. Use clamps to secure boards in place.

(See photo for one option using Spring Clamps from Home Depot to help keep Side Boards steady against floor and Side Board centered to the Sharpie line on top.)



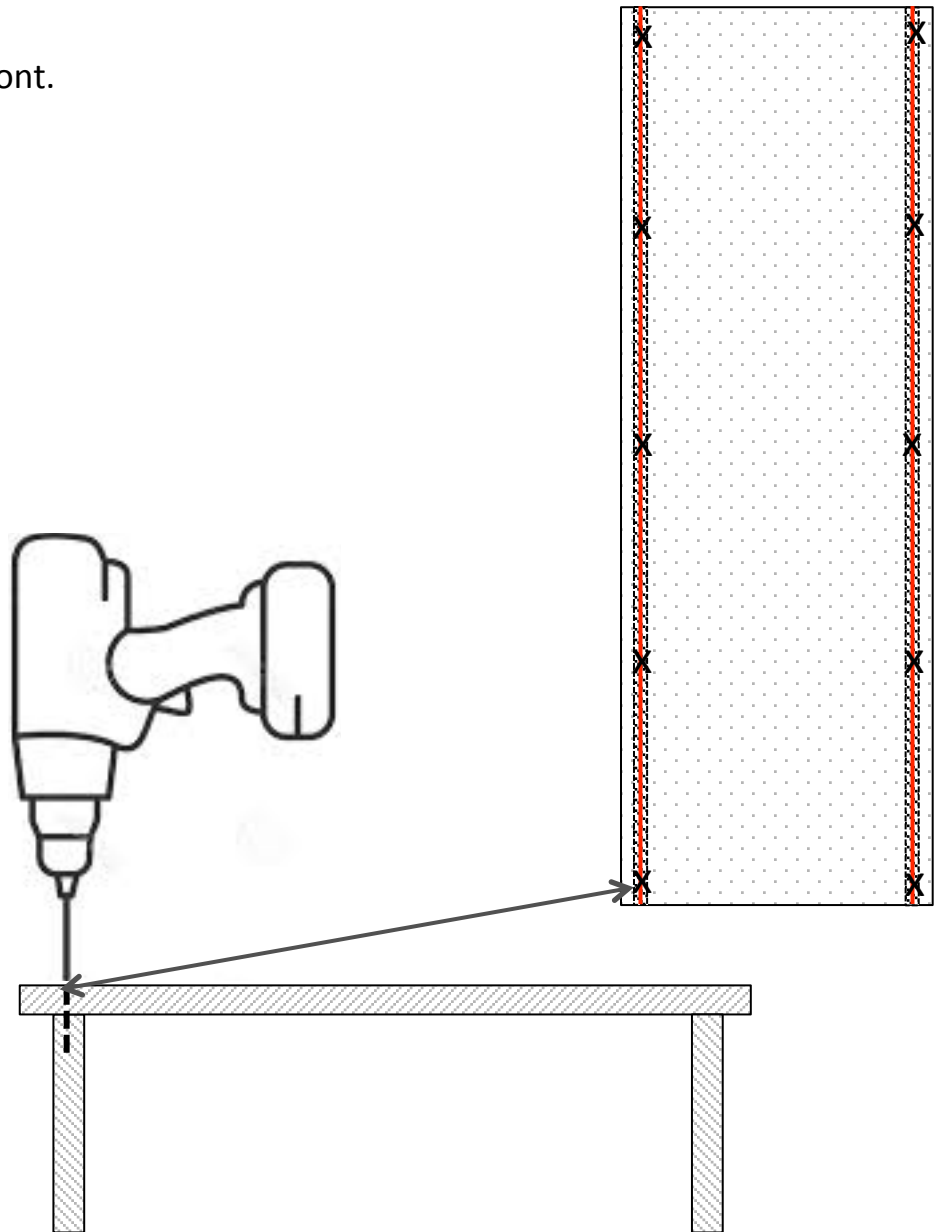
Attach Side Walls To Base, Cont.

5. Along each line, mark 5 "X" marks to identify drill hole locations where screws will be used to secure boards to plywood (1" from each end and every 11.5" in between)



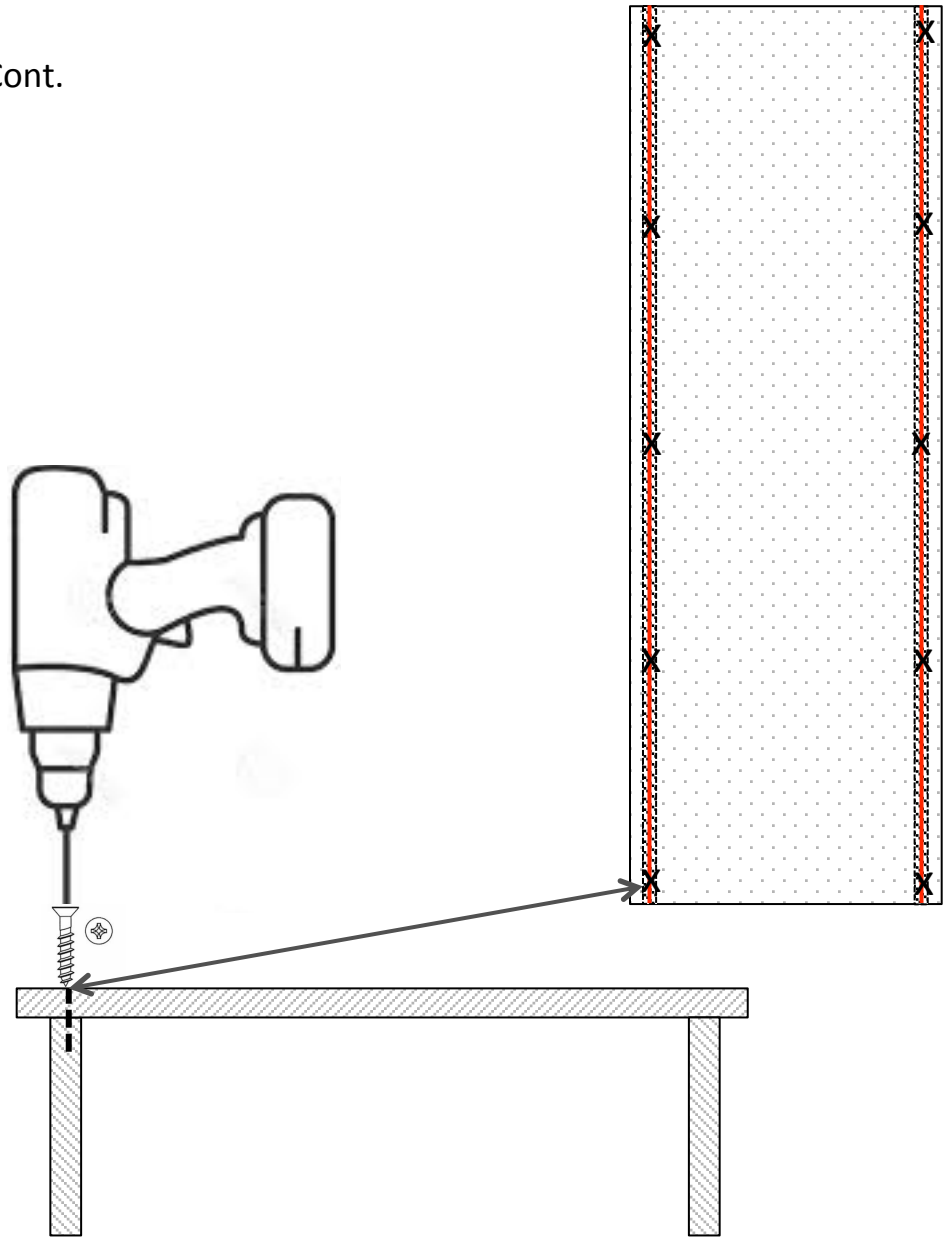
Attach Side Walls To Base, Cont.

6. Use drill bit to drill holes at the location of each "X" through plywood and approx 3/4" into boards

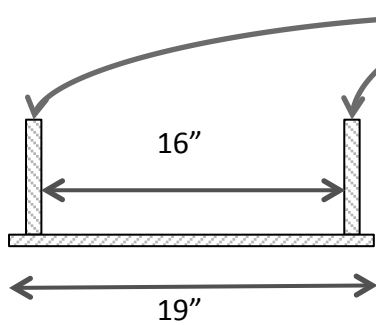


Attach Side Walls To Base, Cont.

7. Attach Phillips head screwdriver bit and attach plywood onto boards using 1 1/2" screws at each of the 10 locations marked by an "X"



Side Rails

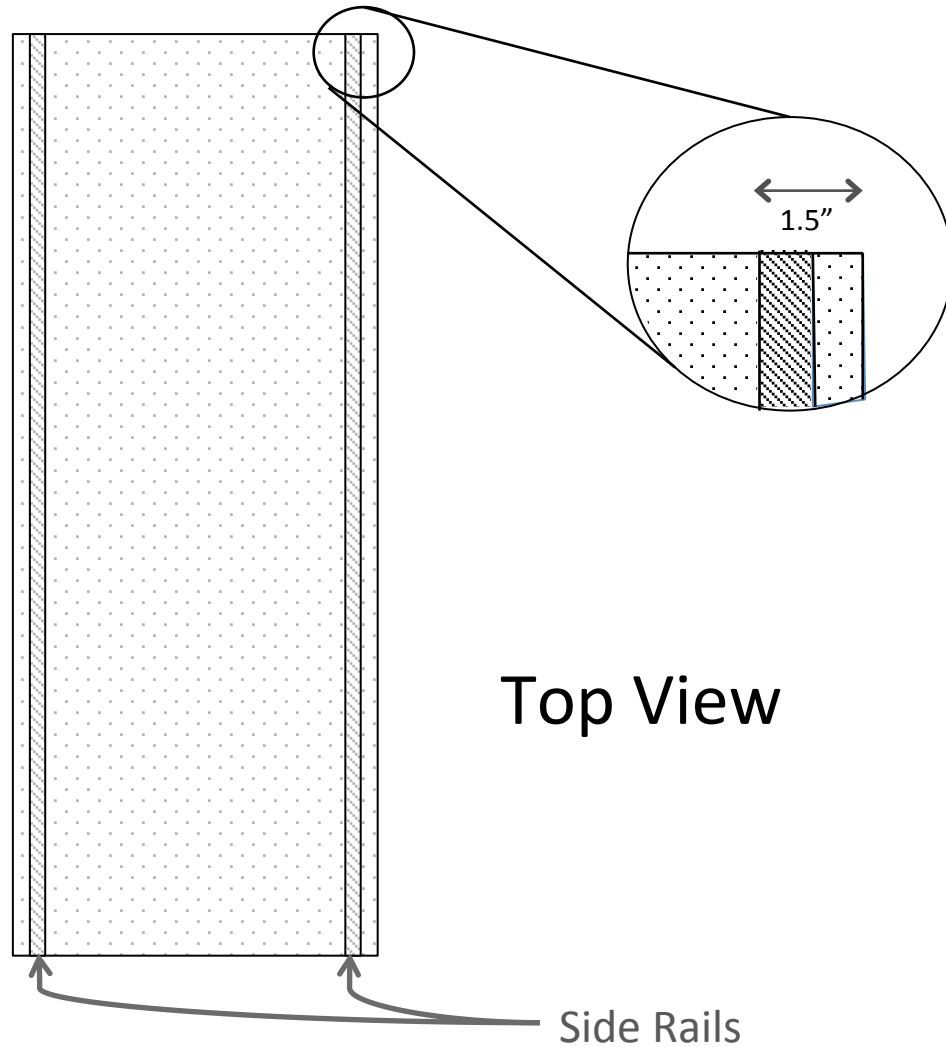


Attach Side Walls To Base

Step Complete

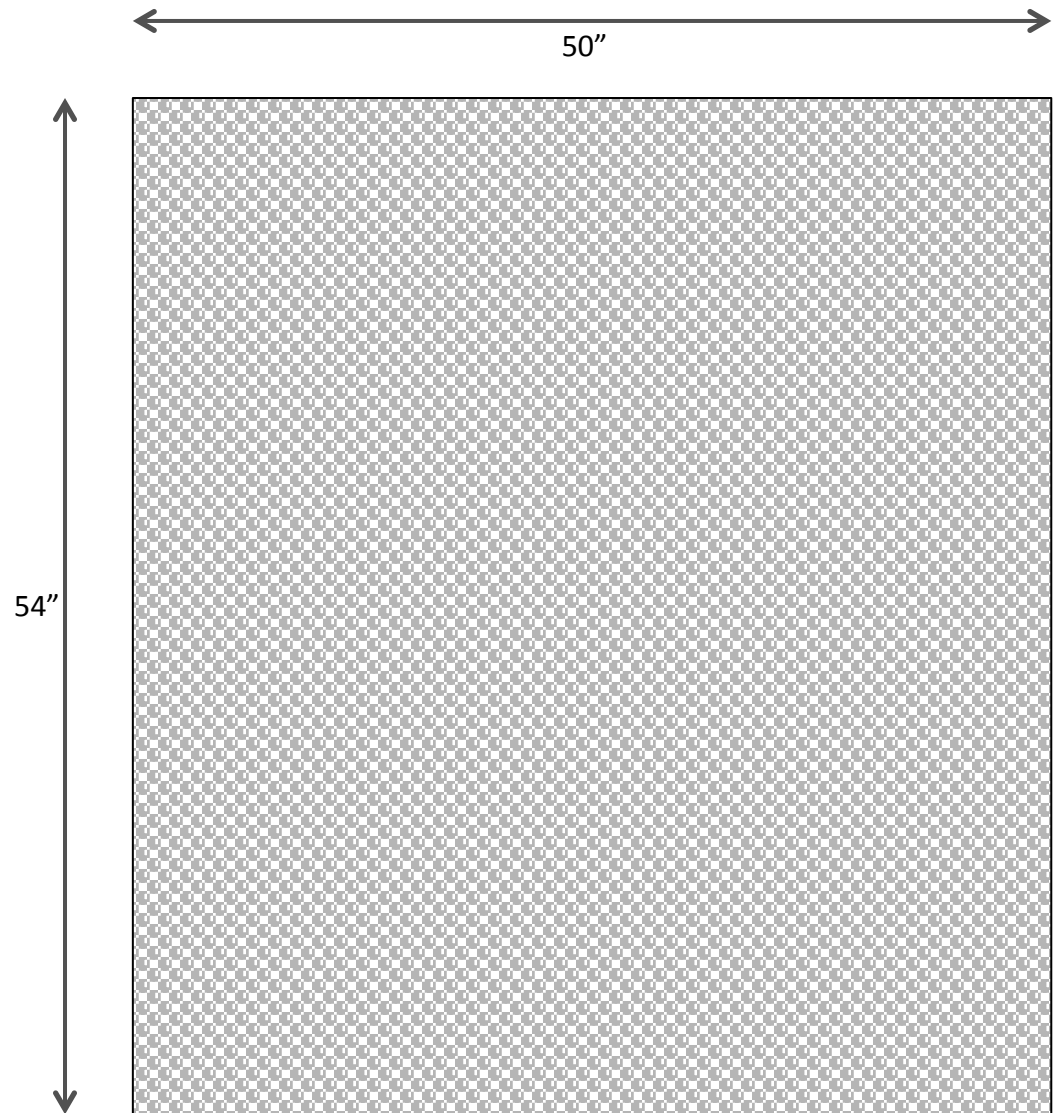
You have now completed attaching the Side Walls to the Crawling Track Base.

The space between to Side walls should be 16".



Prepare Fabric Cover

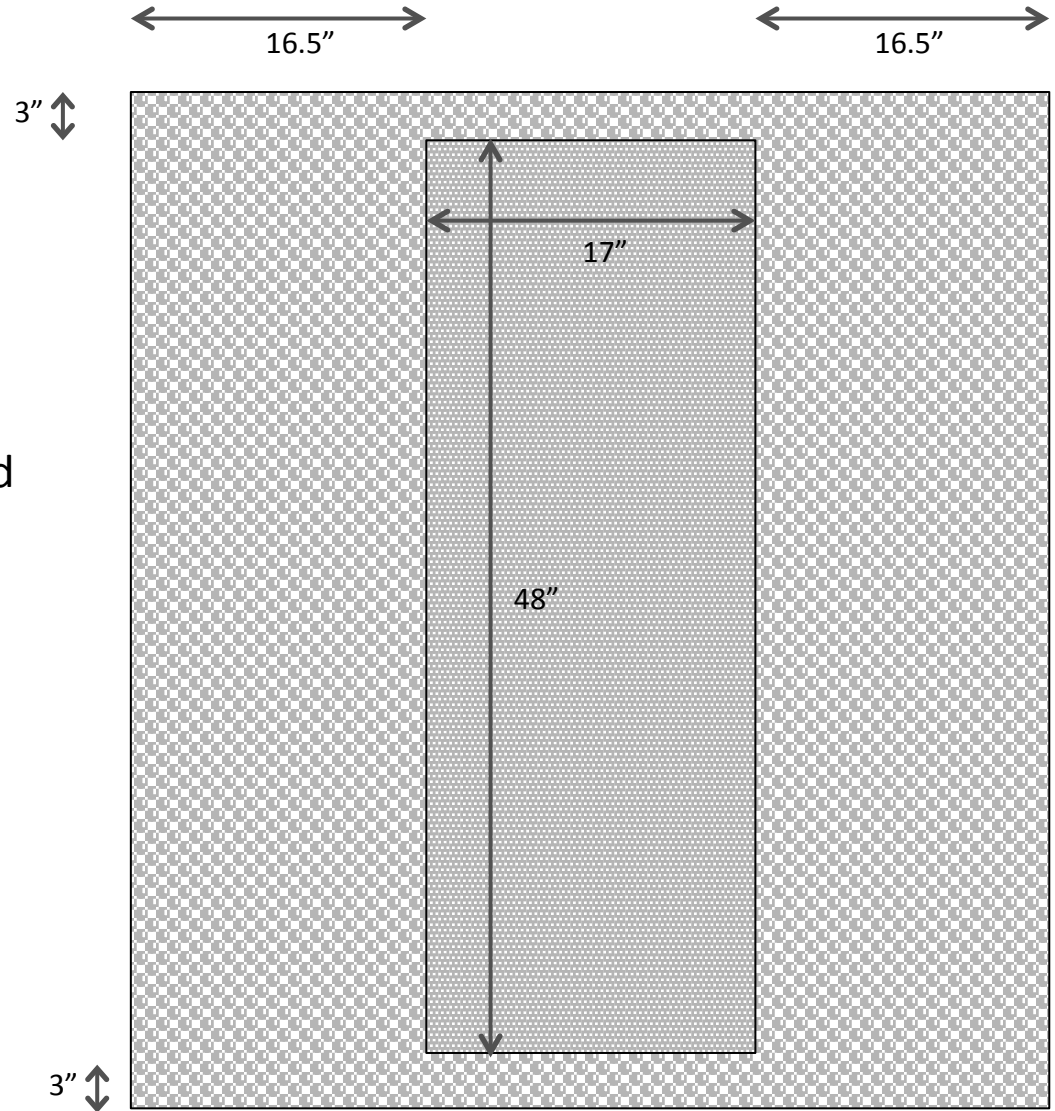
1. If you have not already done so, cut fabric to 50" wide by 54" long. Place fabric on table, pattern face-up.



Prepare Fabric Cover

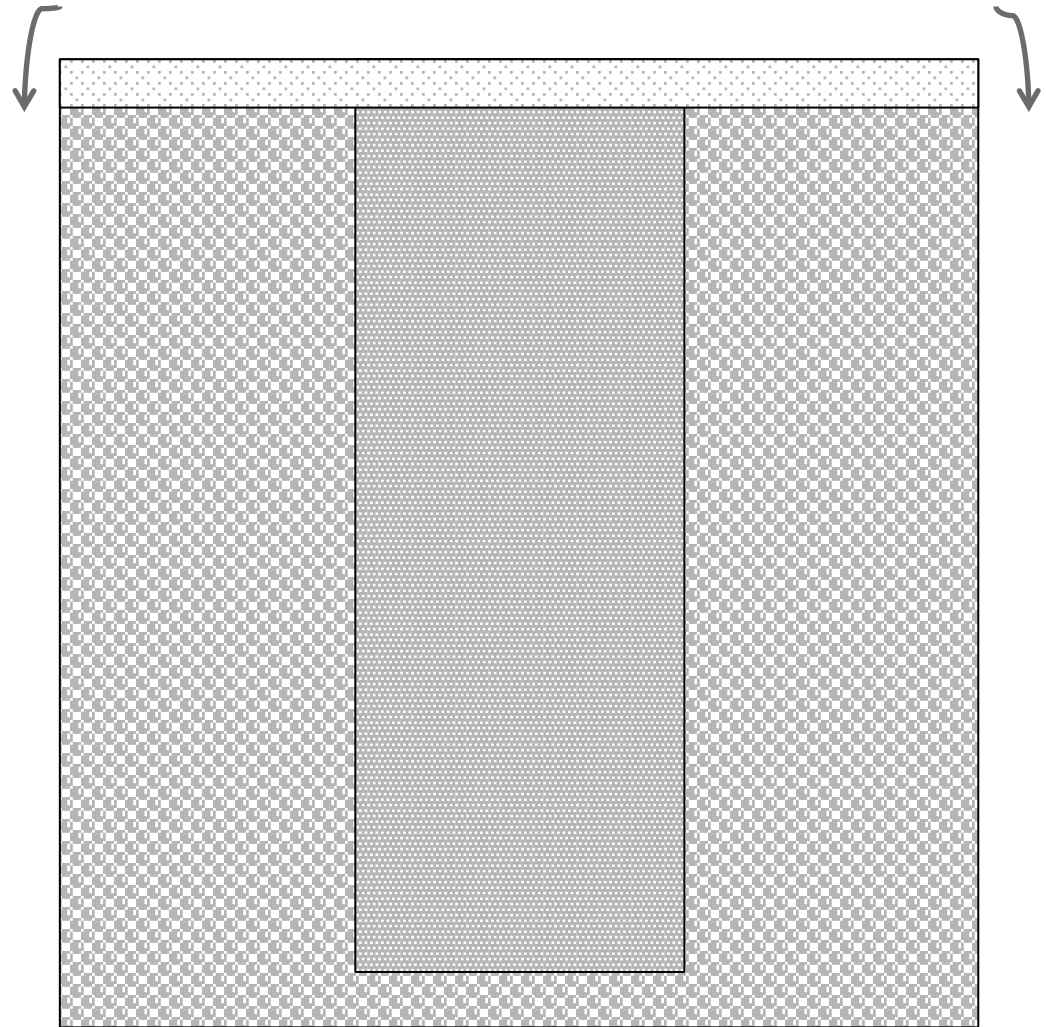
2. Place sturdy card board sheet, centered, on top of the fabric.

NOTE: 3" of fabric should extend the top and bottom of the cardboard and 16.5" on each side



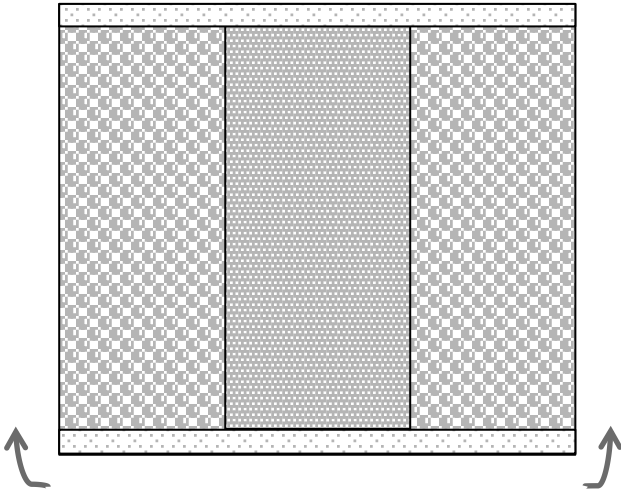
Prepare Fabric Cover

3. Wrap excess fabric around the back of cardboard (NOTE: the fabric pattern will be on the inside when folded around cardboard)

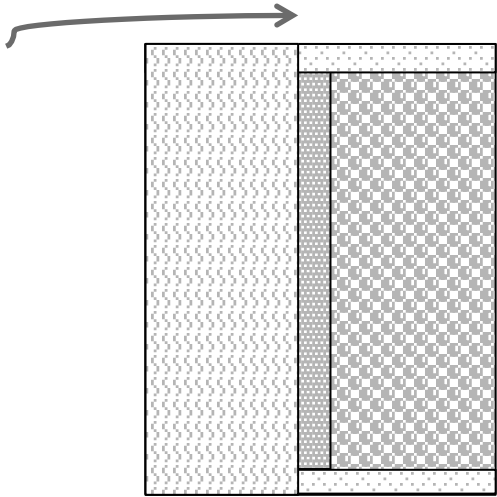


3(a) Start by folding down 3" from top.

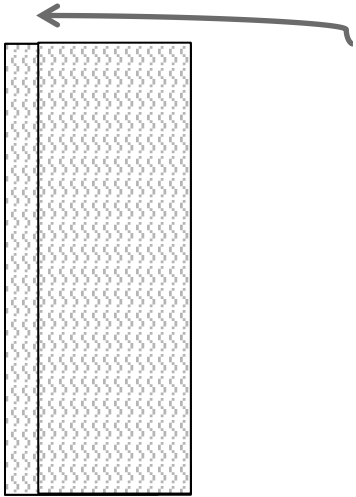
Prepare Fabric Cover



3(b) Fold up 3" from bottom.



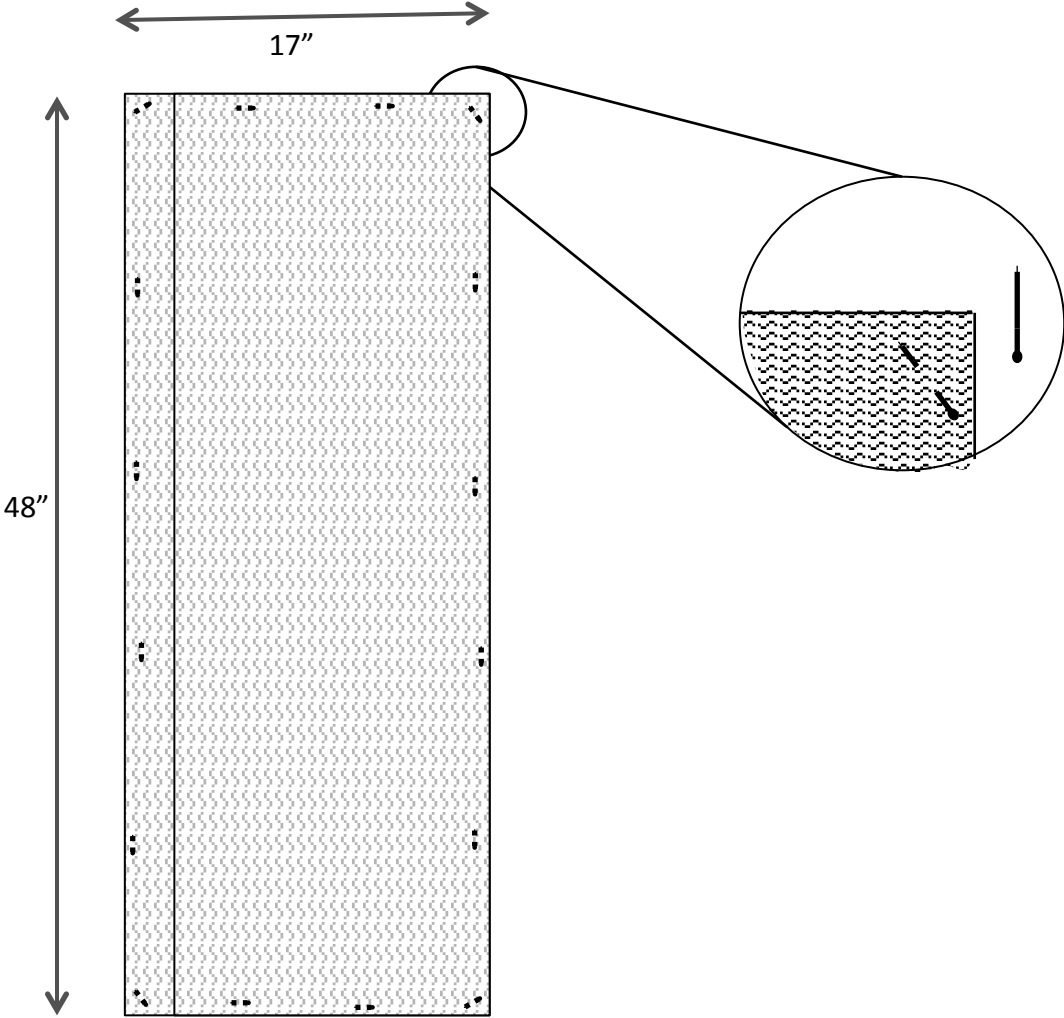
3(c) Fold over 16.5" from left



3(d) Fold over 16.5" from right

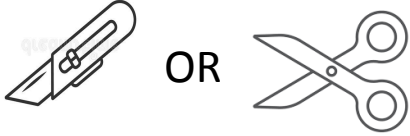
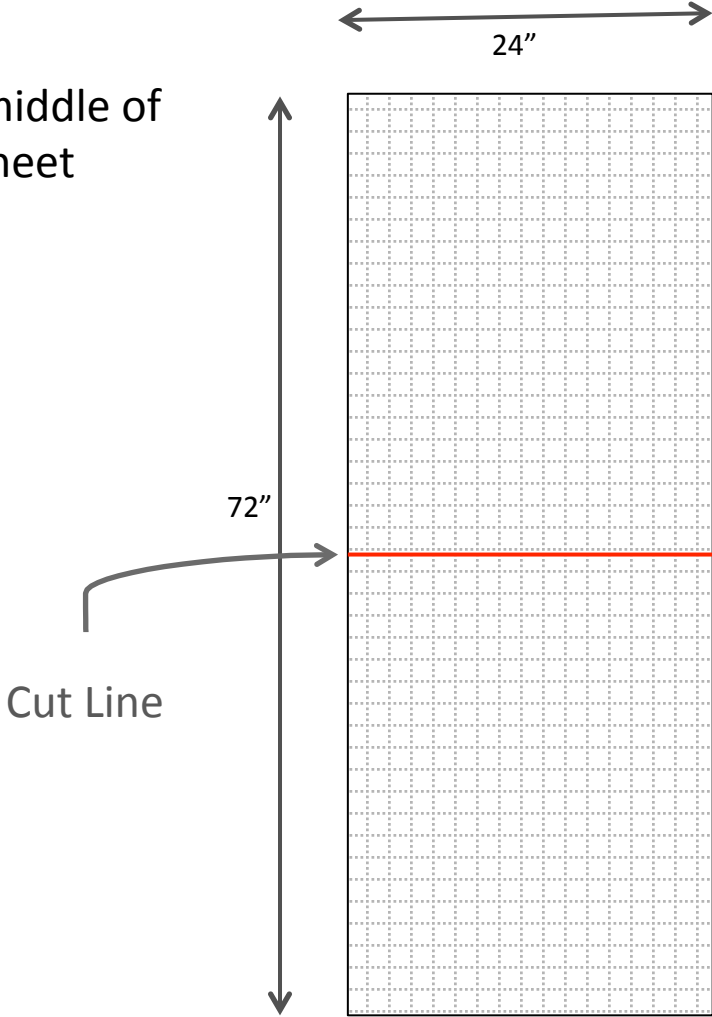
Prepare Fabric Cover

4. Secure with pins along all edges. Make sure that the fabric on the other side from the pins is tightly wrapped and secure.



Prepare Foam

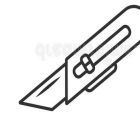
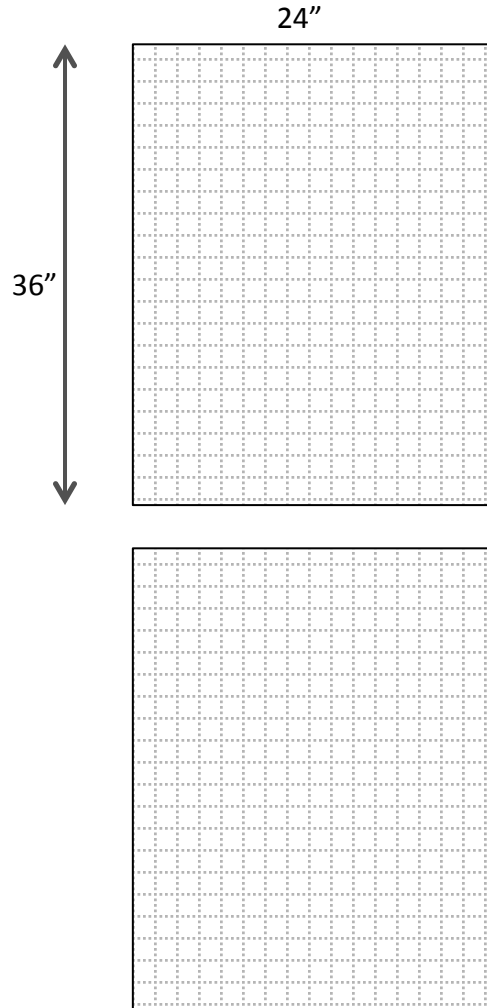
1. Draw a line down the middle of the 1" x 24" x 72" foam sheet



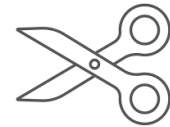
Prepare Foam

2. Cut foam in half using sharp utility knife along line to create two 1" x 24" x 36" sections

NOTE: You will be gluing the two sections together on the longer 1" x 36" edges to make a 48" x 36" cushion



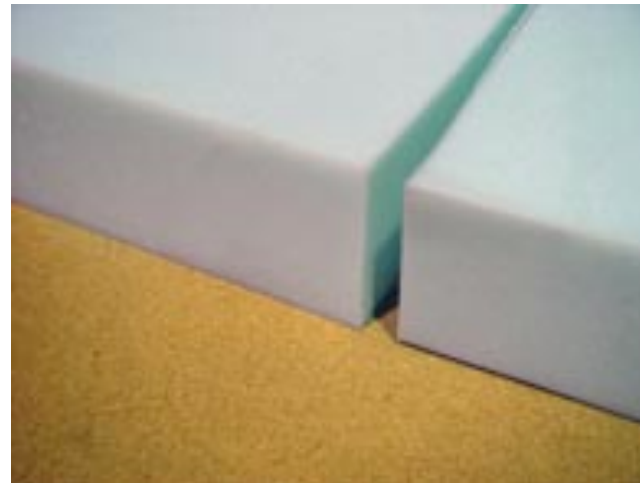
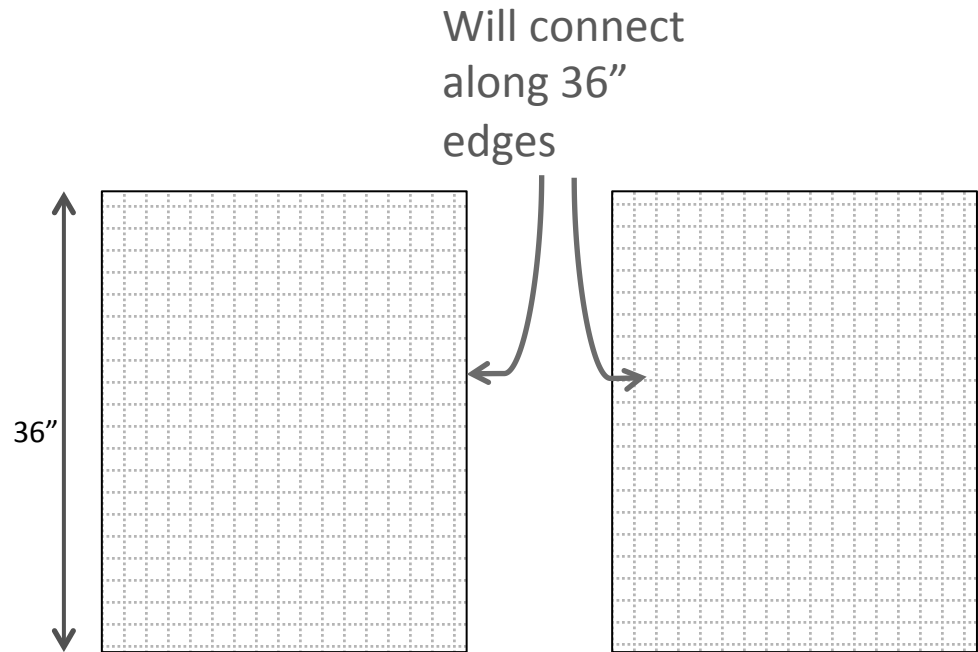
OR



Prepare Foam

NOTE: You will be gluing the two sections together on the longer 1" x 36" edges to make a 48" x 36" cushion

3. Place the two foam pieces sandwiched together so that you can spray adhesive on both 1" x 36" sides at the same time.



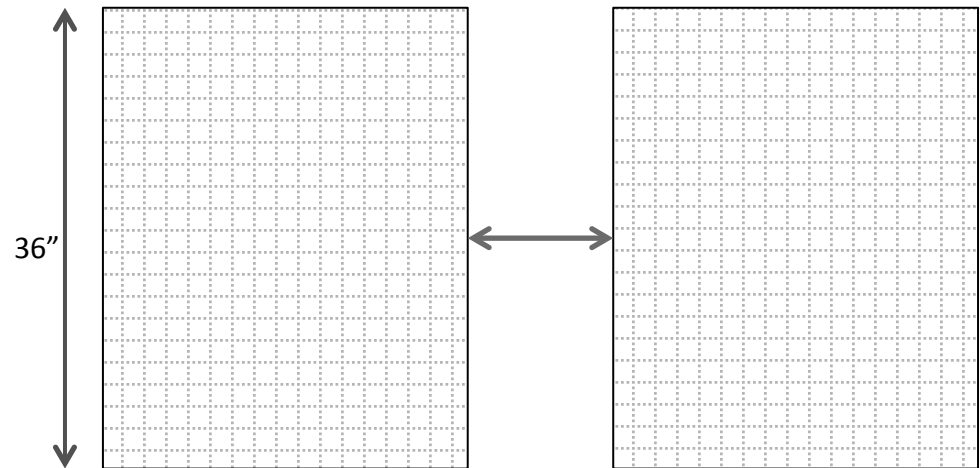
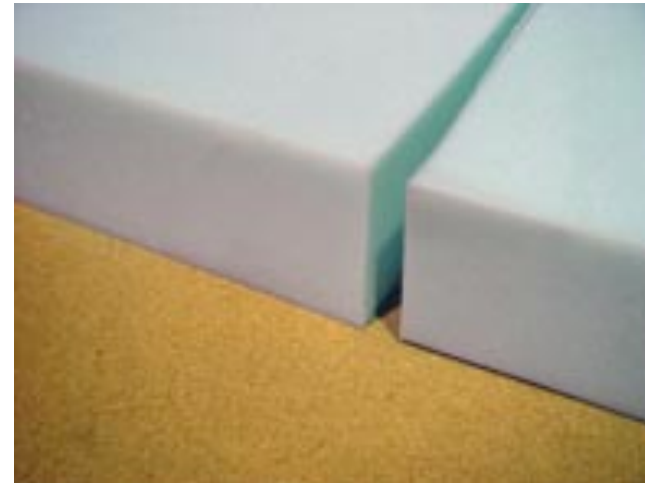
Prepare Foam

4. Spray adhesive using instructions on can (6"-8" distance). Allow to dry for one minute.



Prepare Foam

5. Carefully attach two sections along glued edge to create one 36" w x 48" l cushion

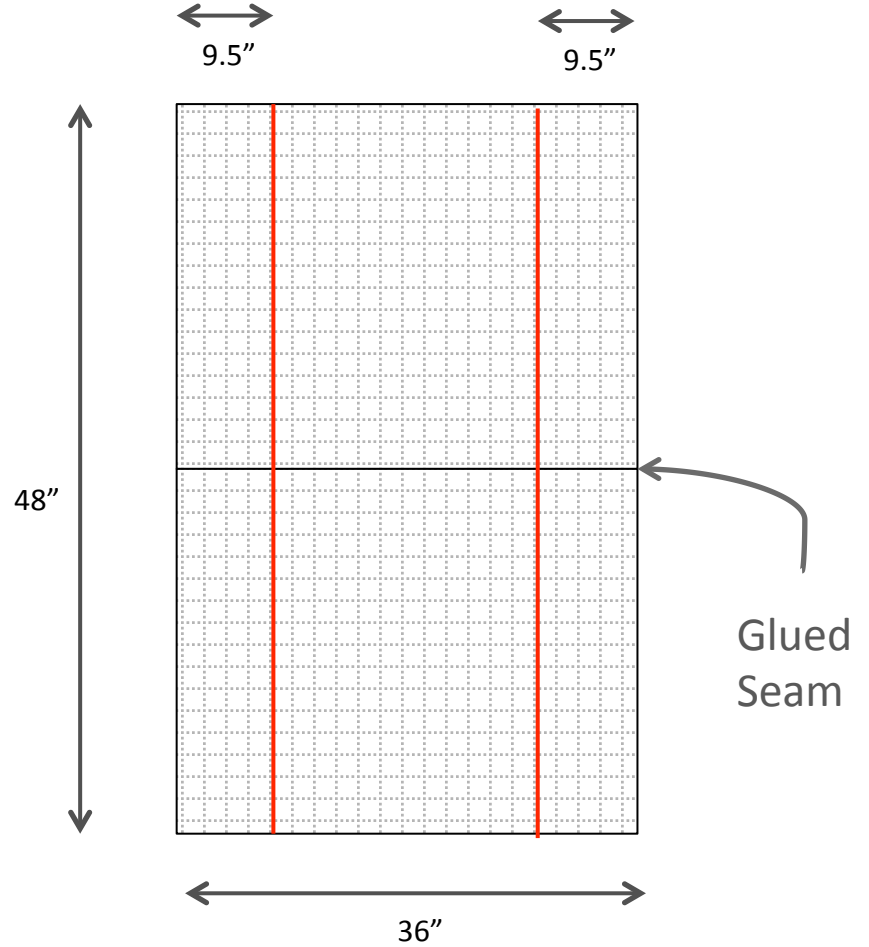


Prepare Foam

5. Once foam seam is dried and securely, rotate it so that it is 36" wide by 48" long.

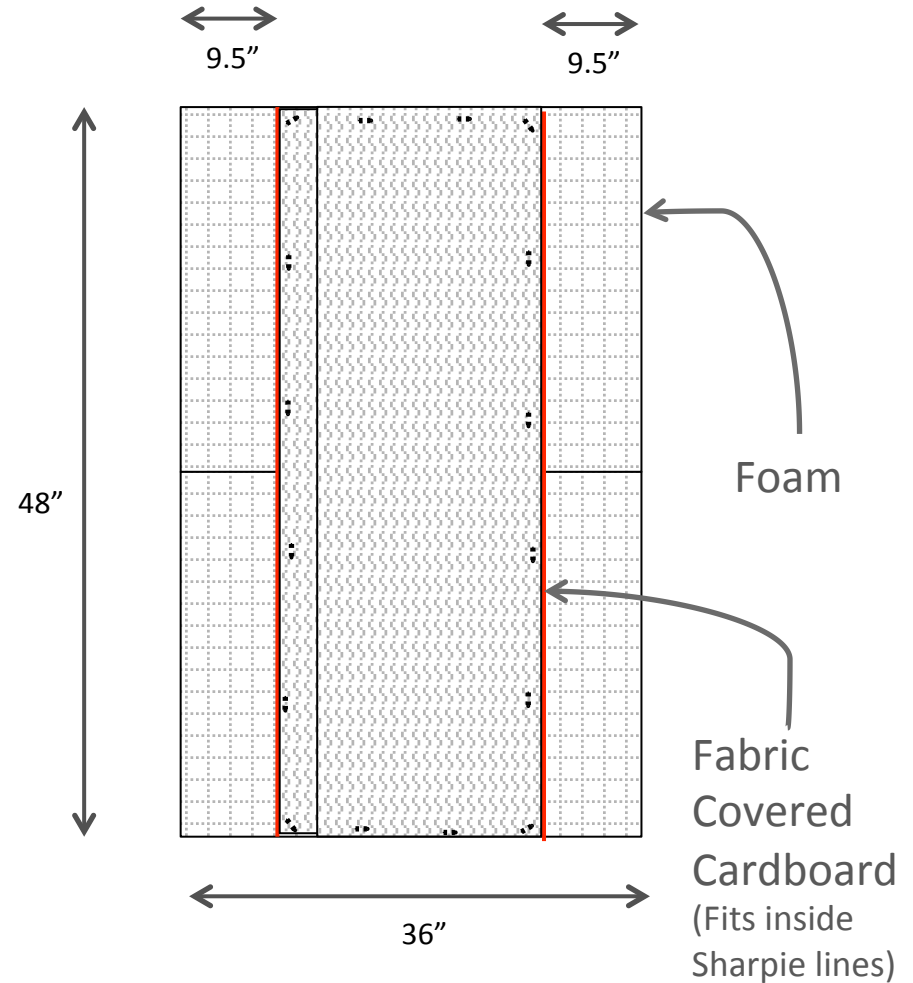
Use Sharpie to draw two 48" lines, each 9.5" from the edge of each side of the foam.

The fabric on cardboard that you prepared earlier is the size of the area between the two Sharpie lines here on the foam.



Adhere Fabric to Foam – Phase 1

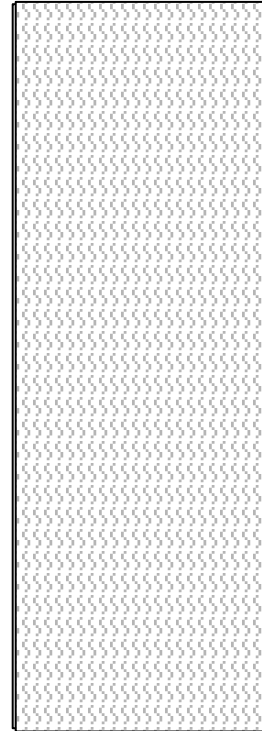
1. Place fabric covered cardboard sheet onto foam section to ensure that lines drawn on foam match the width and length of the cardboard covered in fabric.



Adhere Fabric to Foam – Phase 1

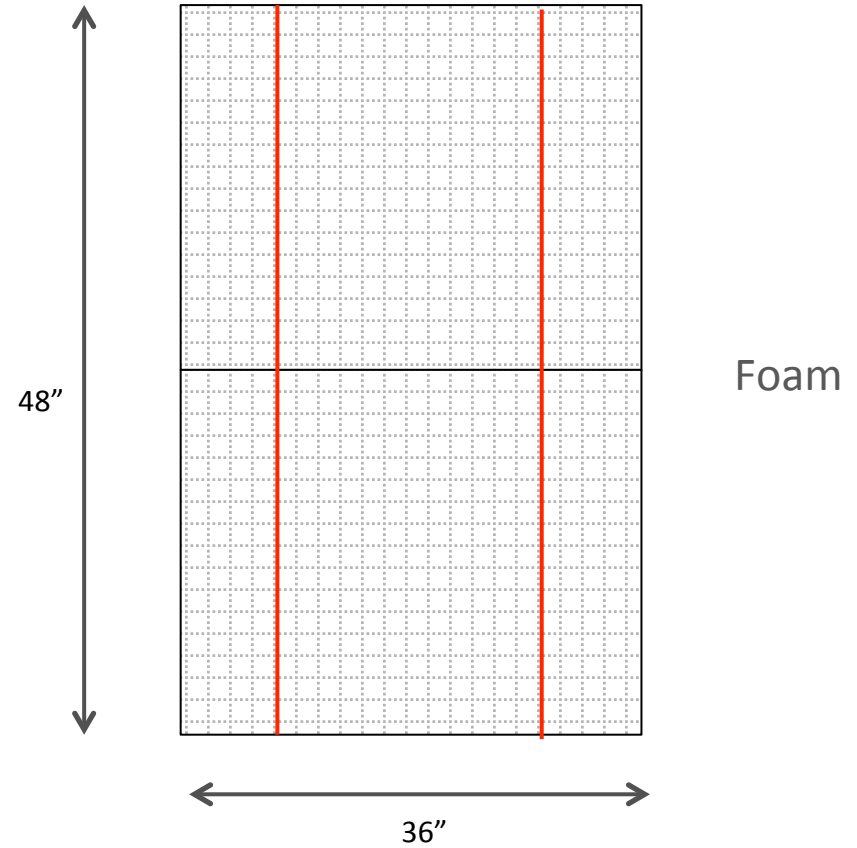
2. Take fabric covered cardboard sheet and foam outside to the spray adhesive area.

Flip over fabric covered cardboard sheet to the unpinned side. Lightly spray unpinned side of fabric with adhesive.



Adhere Fabric to Foam – Phase 1

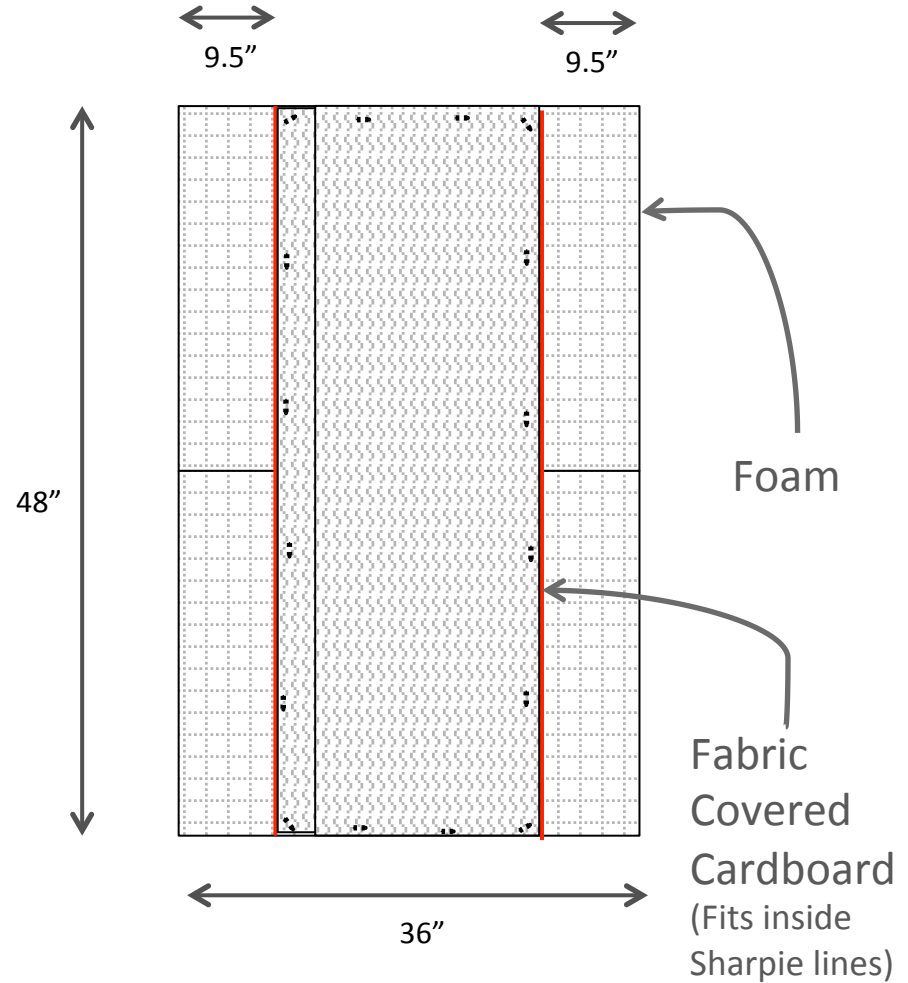
3. Spray adhesive onto the foam between the Sharpie lines. Coat thoroughly and allow to dry for one minute.



Adhere Fabric to Foam – Phase 1

4. Place fabric on foam so that glued sections overlap.

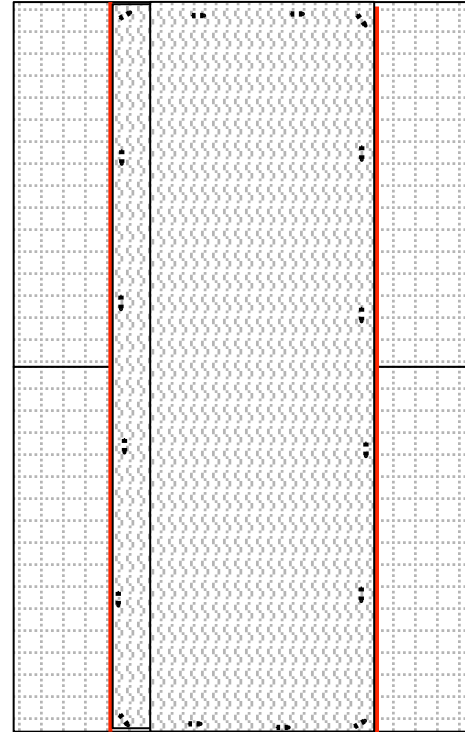
Press firmly on cardboard to ensure good bond of fabric to foam.



Adhere Fabric to Foam – Phase 1

4. Place fabric on foam so that glued sections overlap.

Press firmly on cardboard to ensure good bond of fabric to foam.

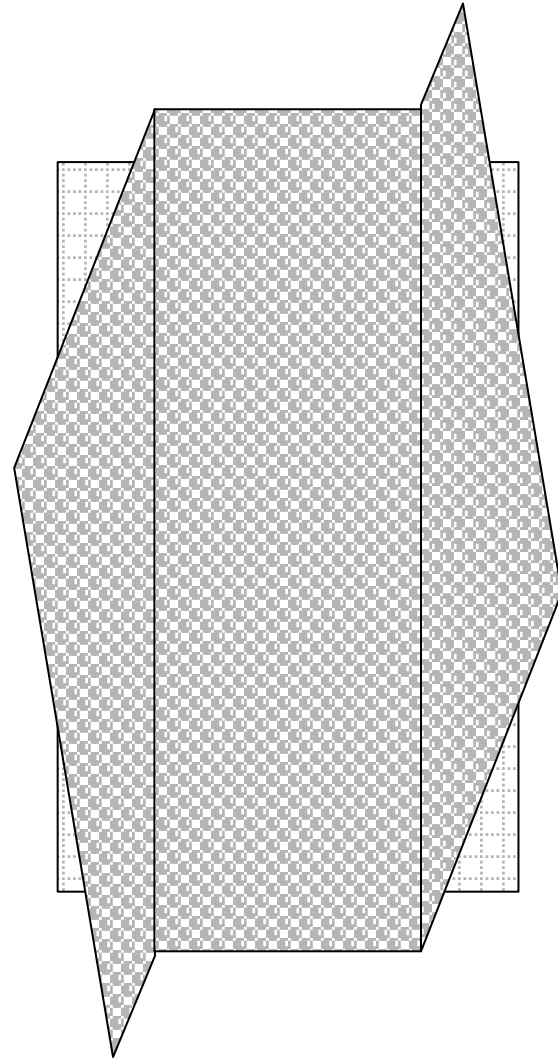


Adhere Fabric to Foam – Phase 1

5. Remove pins and cardboard, ensure that the fabric bonded well to foam (with no seams or bubbles).

If any folds or bubbles are seen, adjust fabric to remove them. This is the floor of the crawling track and a perfectly smooth surface here is desired.

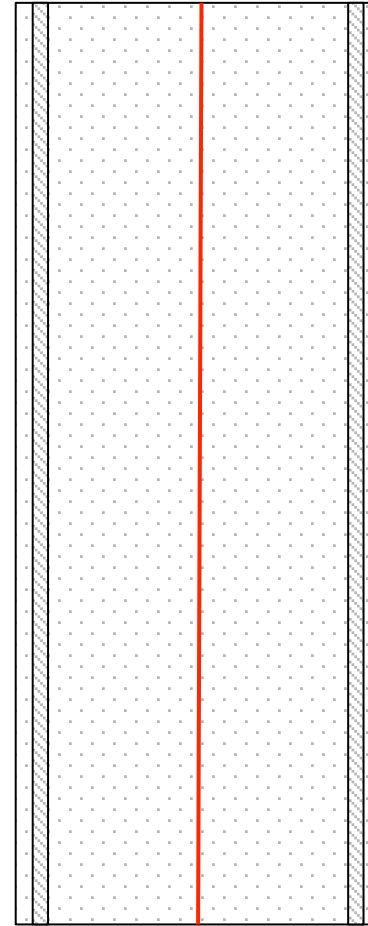
Once fully dry, fabric will be secured to middle of the foam.



Adhere Foam To Plywood Track

NOTE: The initial steps here to secure the foam are the most difficult and are important to get right. Step 6 is best with two people working together.

1. Draw a line along the floor of the plywood crawling track between the two walls (approx 8" from each wall). This will be your centerline.



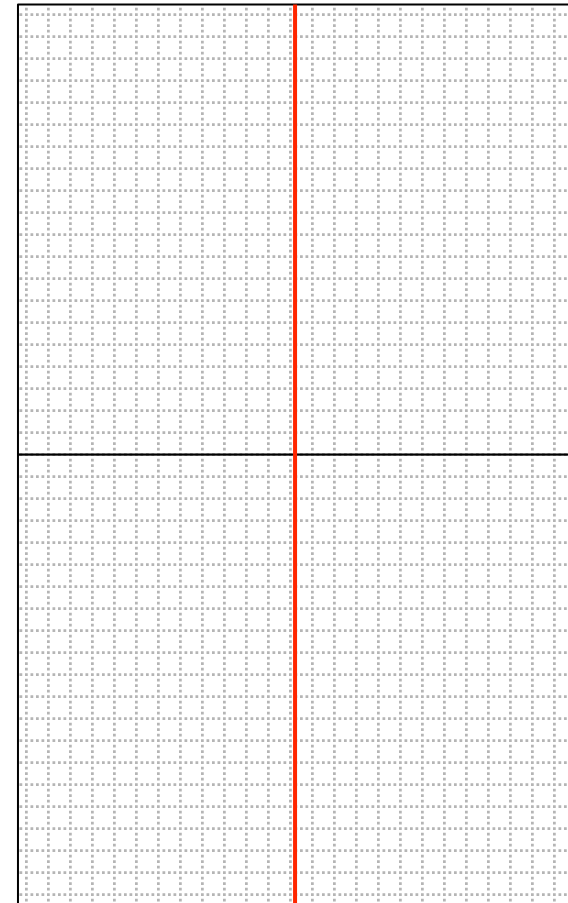
Top View

Centerline

Adhere Foam To Plywood Track

2. Flip over the Foam so that the fabric side is down.

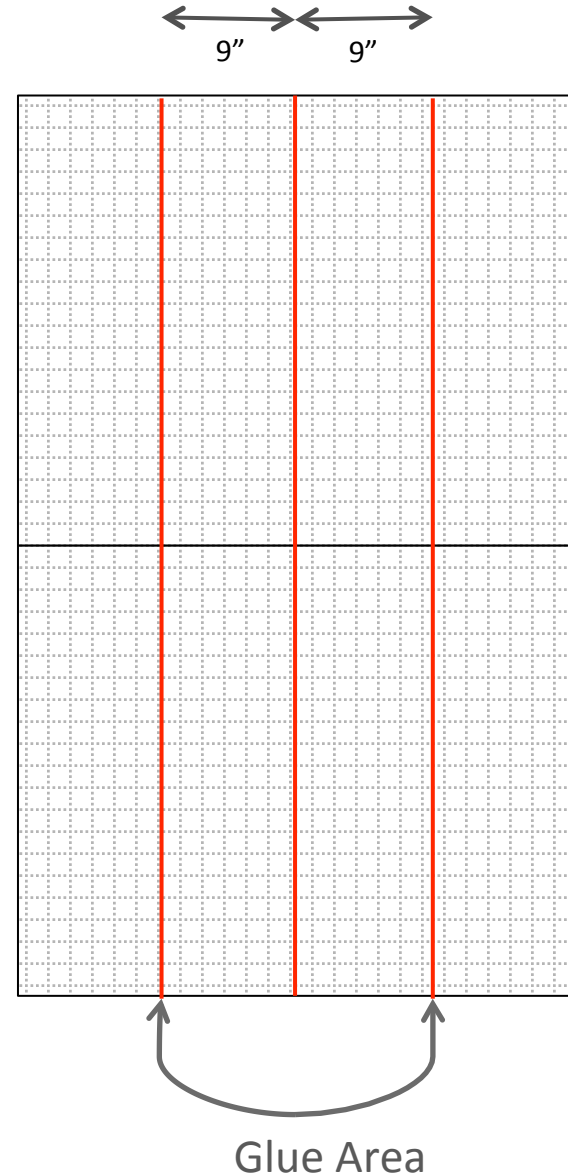
On the non-fabric side, draw a line down the middle of the foam (approximately 18" on each side). This will be the Matchline that you will line up with the Centerline on the plywood base.



Match Line

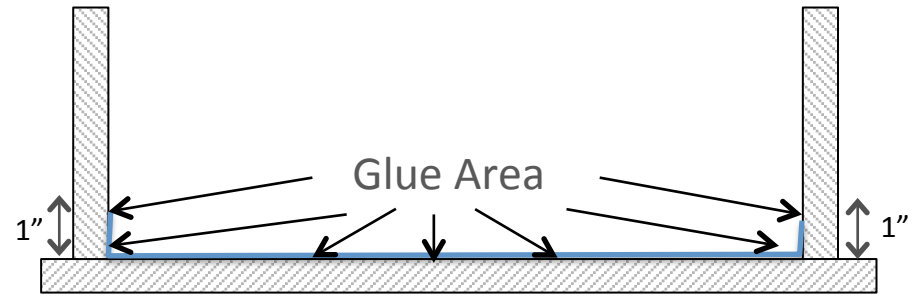
Adhere Foam To Plywood Track

3. Draw two more lines each 9" from the center Match Line. This inner area will be the Glue Area for the foam where it will first attach to the plywood base.



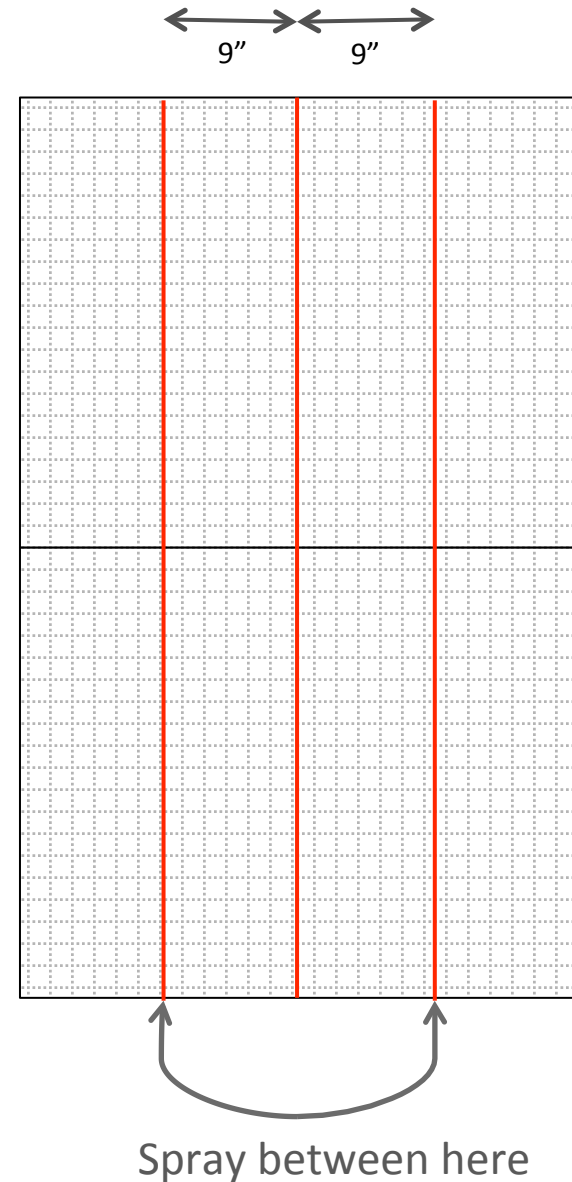
Adhere Foam To Plywood Track

4. Spray adhesive on the entire floor of the plywood crawling track and just 1" of each side wall.



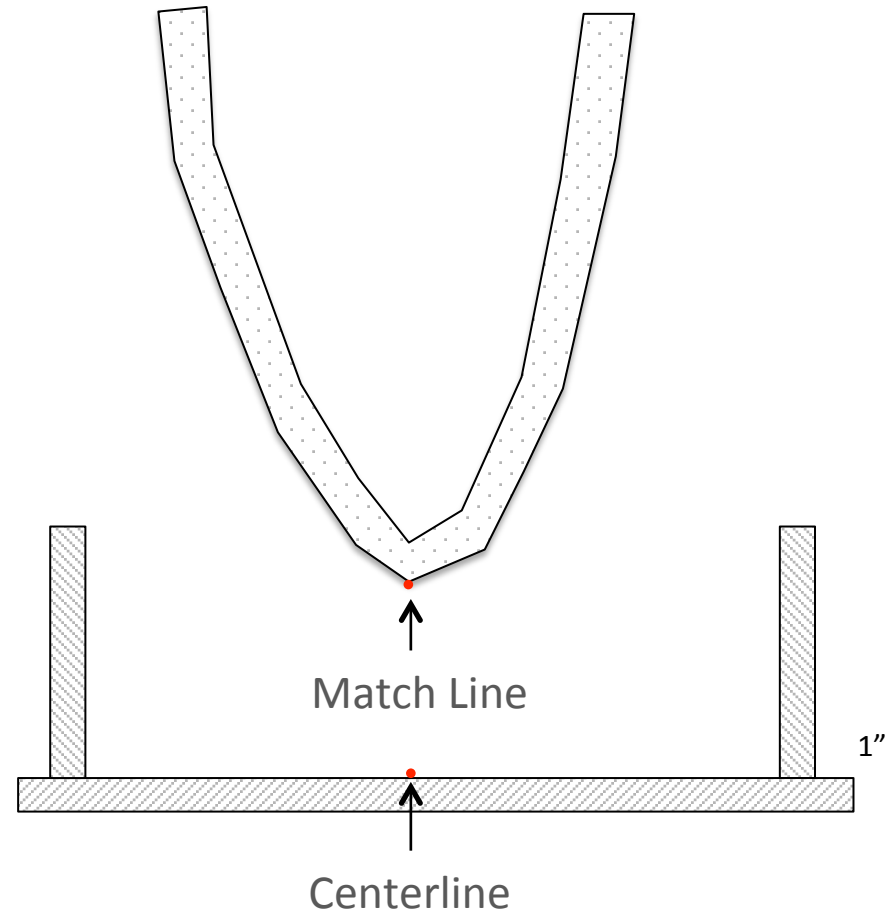
Adhere Foam To Plywood Track

5. Spray adhesive the foam in the 18" wide section between the two lines, allow to dry for 1 minute.



Adhere Foam To Plywood Track

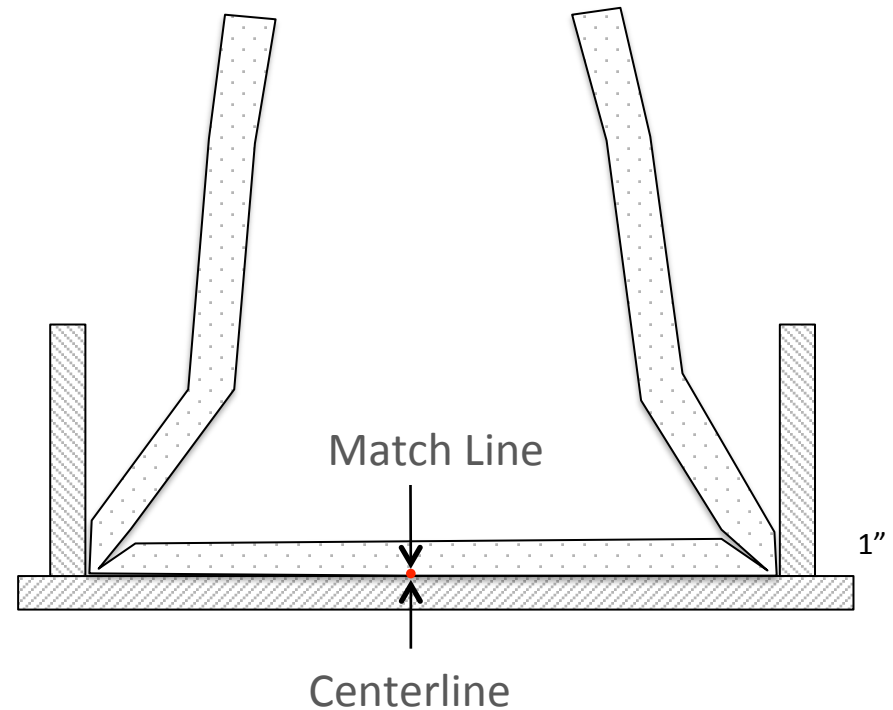
6. Adhere foam to plywood track by matching up the foam match line to the plywood centerline. Make sure this is properly aligned.



Adhere Foam To Plywood Track

7. Once secure on match line, carefully push foam against plywood, carefully tucking it at the corners along both sides to ensure foam forms to both corners.

If the foam is not correctly aligned with the plywood base, it may be best to remove the foam before it is dry and wait to try Steps 6 and 7 again

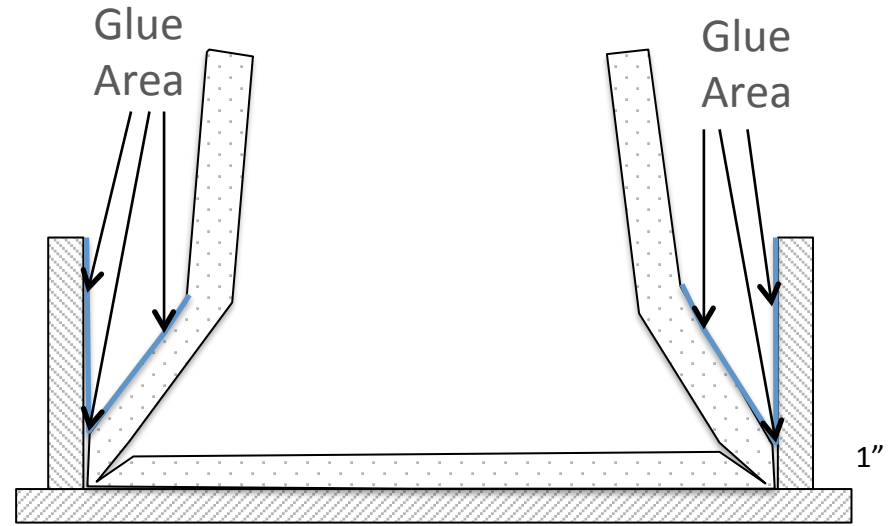


Adhere Foam To Plywood Track

NOTE: Attaching the remaining foam to the wood base should be done in four separate steps.

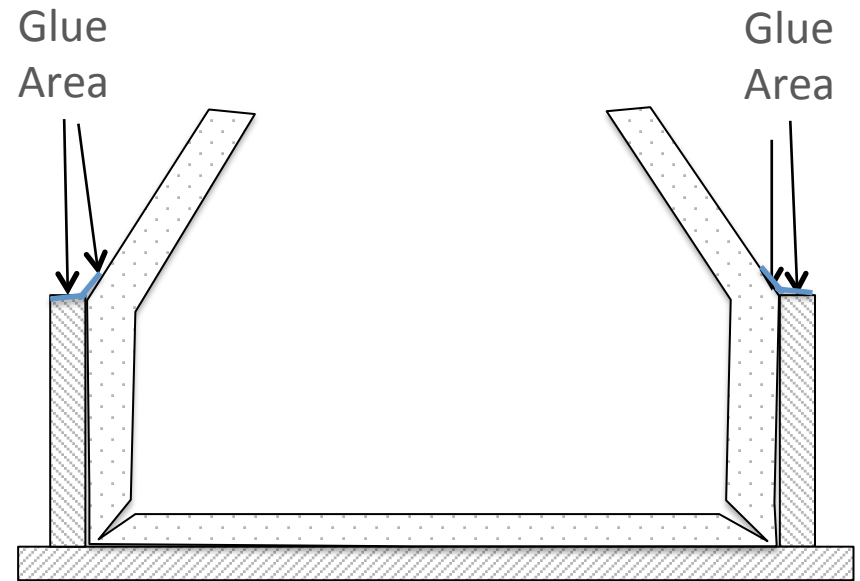
8. First, spray adhesive the inner walls of the crawling track and the foam that will attach to it. Allow to dry one minute.

Then press into place. Hold foam firmly against wood to ensure firm seal.



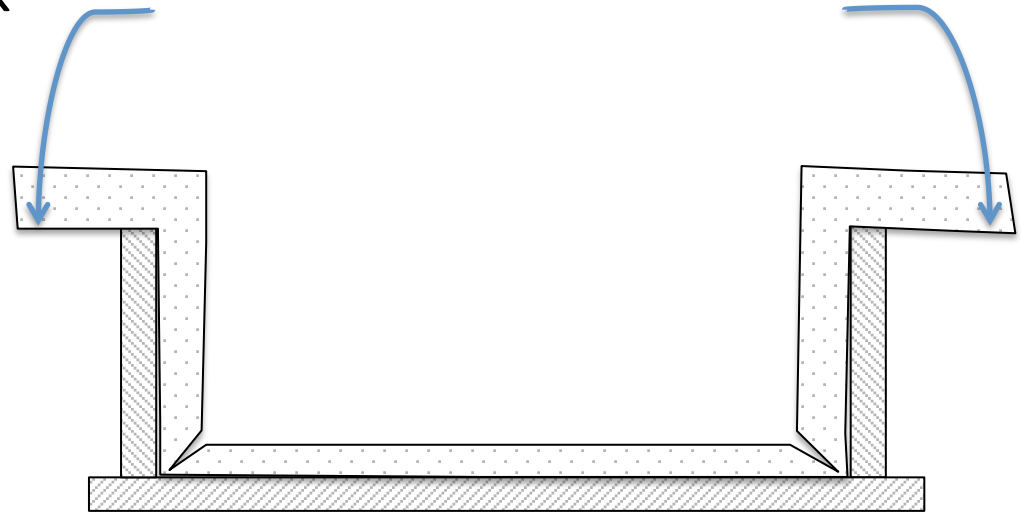
Adhere Foam To Plywood Track

9. Second, spray adhesive the inner walls of the crawling track and the foam that will attach to it. Allow to dry one minute.

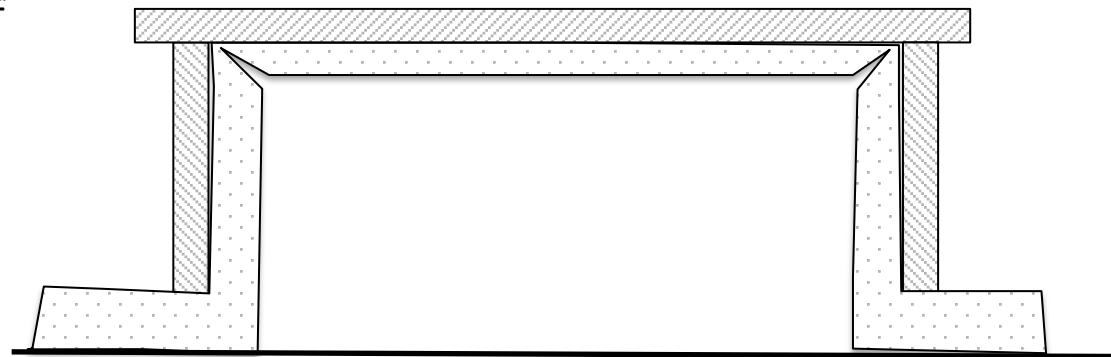


Adhere Foam To Plywood Track

9. After drying one minute, press foam onto top of side walls.



10. Flip track over so that the weight of the track is pressing on the foam. Wait until dry and secure.

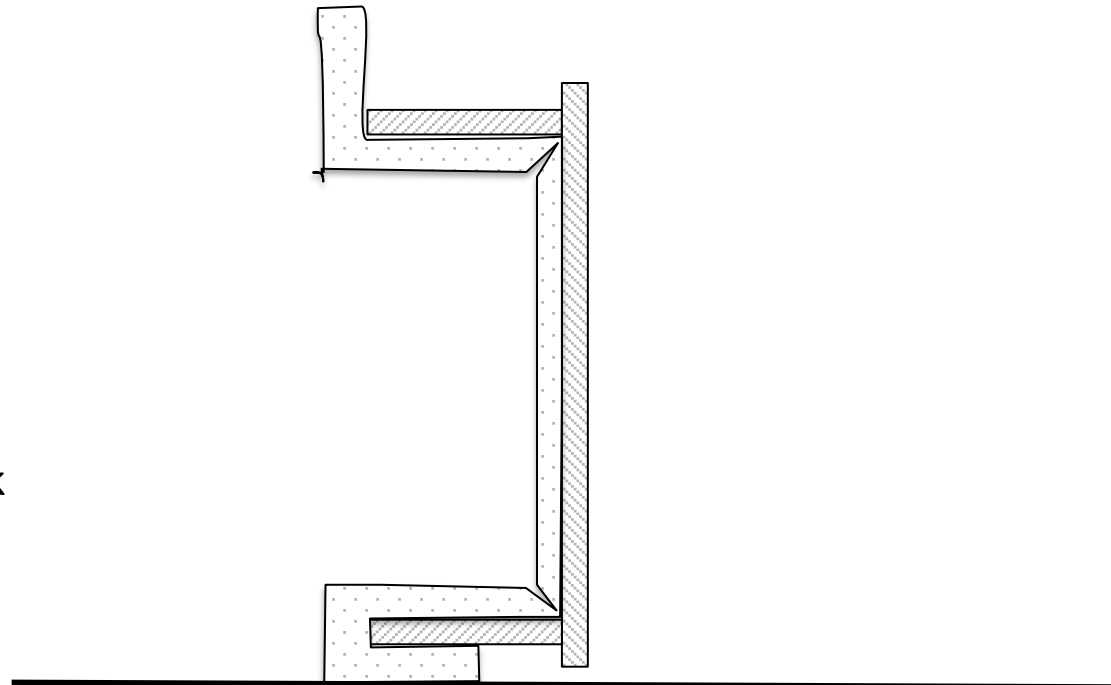


Adhere Foam To Plywood Track

11. Third, spray one of the outside sections of the crawling tack and the remaining foam on that side. Allow to dry one minute.

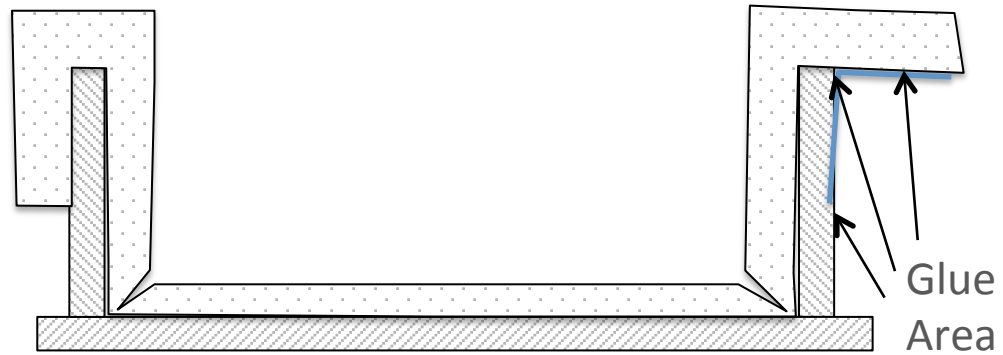


12. Push foam onto the outside of the side wall and make sure it is properly attached. Then turn track on that side so that the weight of the crawling track is on the foam to ensure a good seal. Allow to dry.

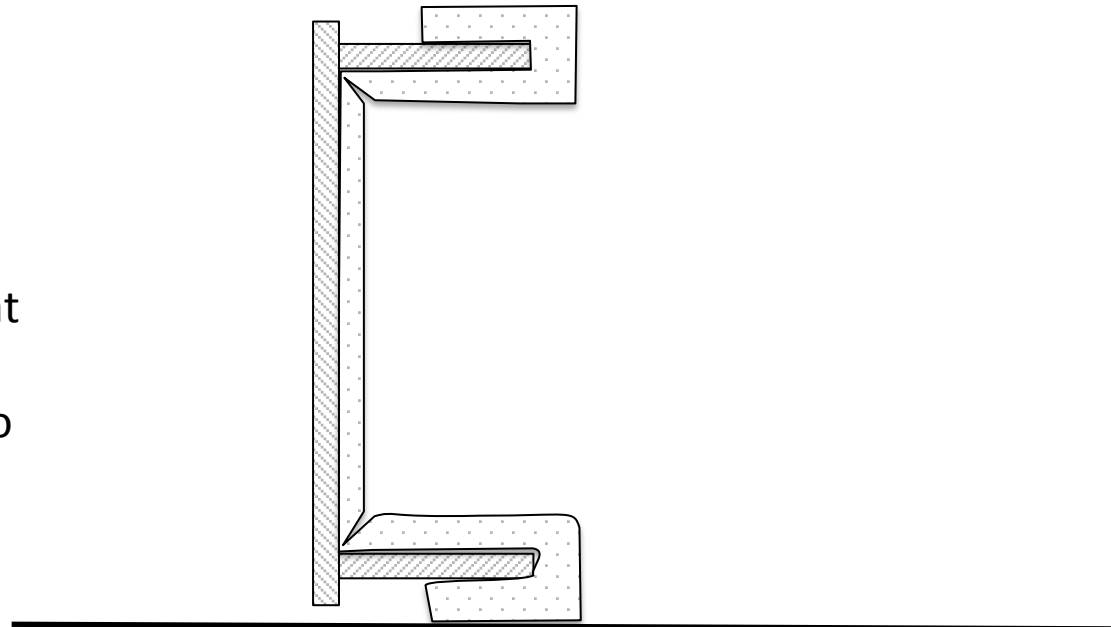


Adhere Foam To Plywood Track

11. Finally, spray the other outside section of the crawling tack and the remaining foam on that side. Allow to dry one minute.



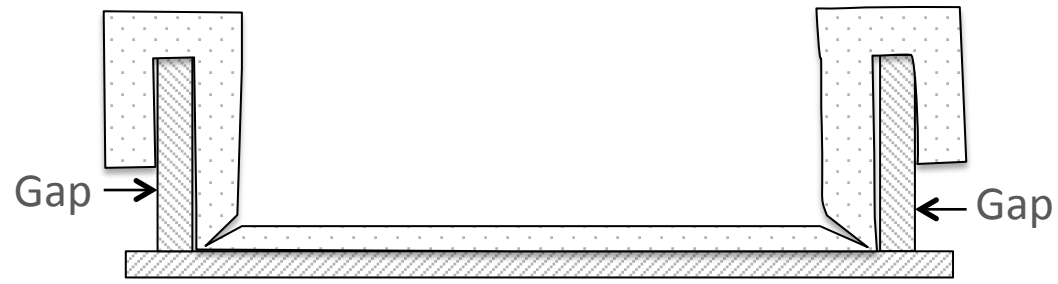
12. Push foam onto the outside of the side wall. Turn track on that side so that the weight of the crawling track is on the foam to ensure a good seal. Allow to dry.



Adhere Foam To Plywood Track

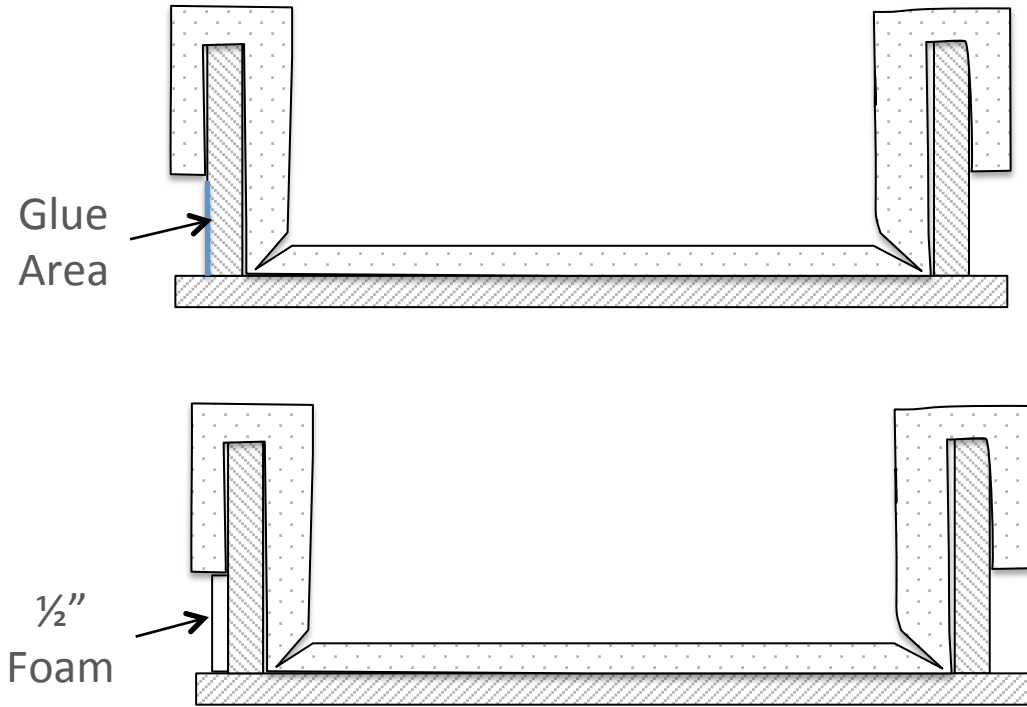
13. Now that foam is securely in place, there will be two Gaps that need to be filled. This is due to the standard size that the foal pieces are sold. It is also due to the difficulty in gluing and wrapping the foam around the track surface. Depending on how perfectly the foam was placed, these size of the gaps may be different.

This area could be filled with extra pieces of foam, pillow stuffing/batting, even a properly cut piece of 1" x 4' board. This will not be touching the baby and will be covered by the fabric. The space simply needs to be filled so that the fabric will not rip and it will be a solid surface.



Adhere Foam To Plywood Track

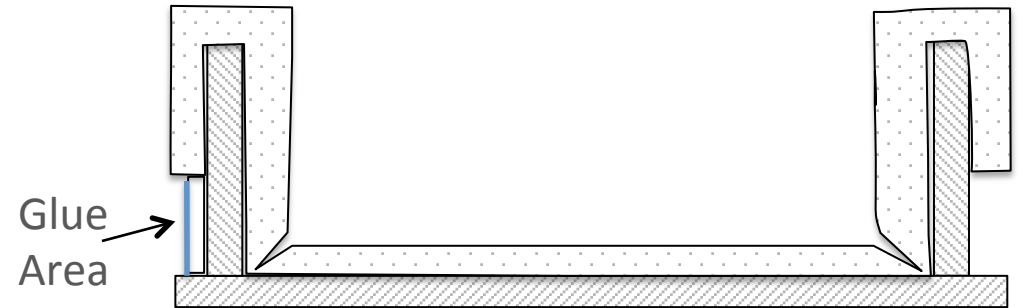
14. I then sprayed adhesive into the side wall gap where I had just placed one piece of foam. I then sprayed the other piece of 1/2" foam that I cut for this side and let both dry one minute. Then I inserted the piece of foam into that gap and pressed the foam pieces together.



Adhere Foam To Plywood Track

15. I used a sheet of inexpensive $\frac{1}{2}'$ foam that I bought at Home Depot. I cut to size two pieces each for each side.

I sprayed adhesive into one of the side wall gaps. I then sprayed one of the pieces of $\frac{1}{2}''$ foam that I cut for this side and let both dry one minute. Then I inserted the piece of foam into that gap.

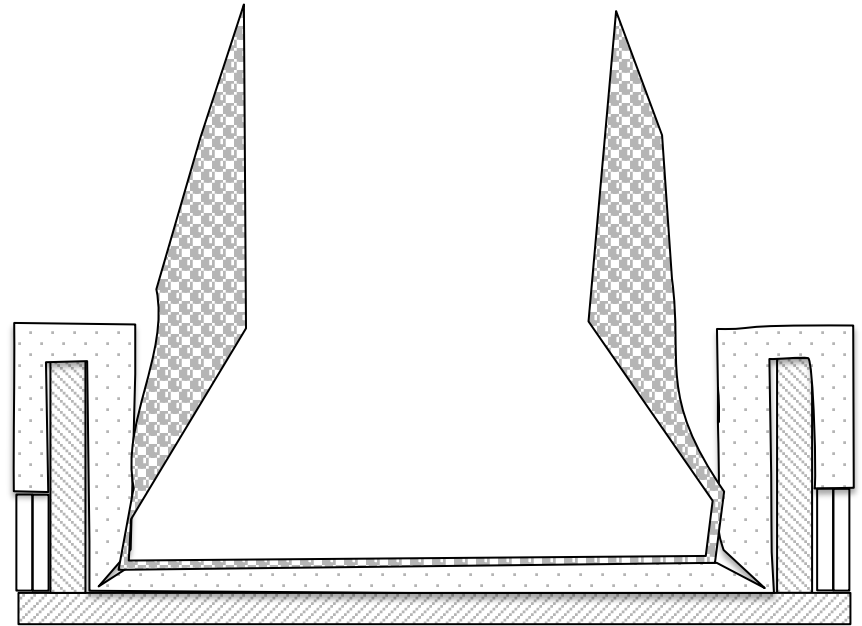


16. Repeat process on the other side.

Adhere Fabric to Foam – Phase 2

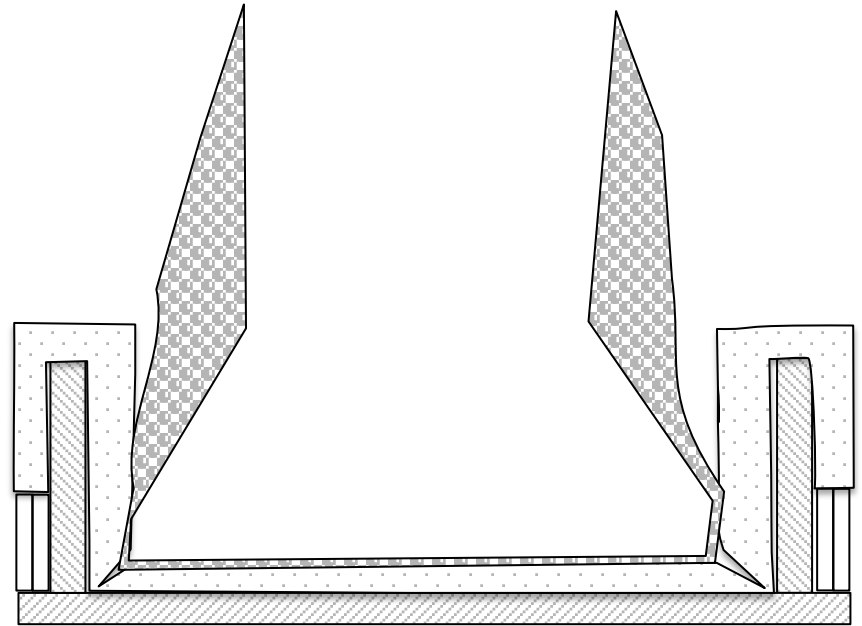
1. Now that the entire track has been covered by the foam, it is now time to apply the fabric to the remainder of the crawling track.

The fabric is already attached to the foam and secured to the floor of the crawling track.



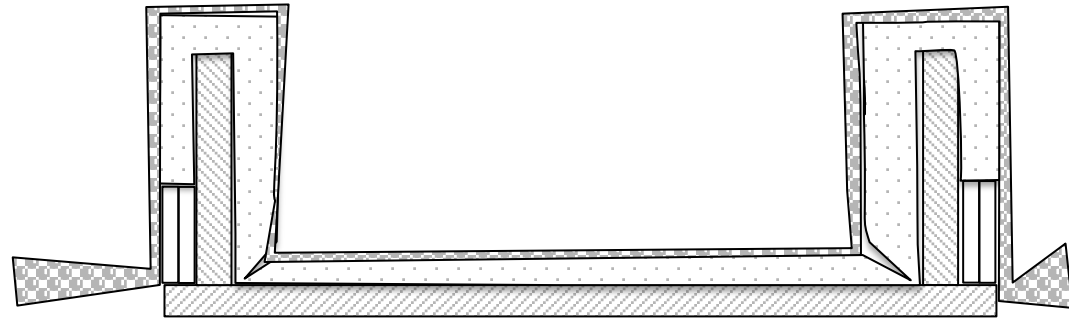
Adhere Fabric to Foam – Phase 2

1. Attach remaining fabric to foam by first lightly spraying adhesive on one section of fabric and then thoroughly coating the corresponding section of foam. Allow to dry for one minute.
2. Carefully spread the fabric against the foam, ensuring there are no seams or bubbles.



Adhere Fabric to Foam – Phase 2

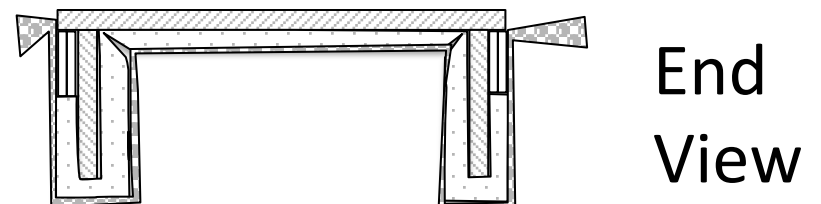
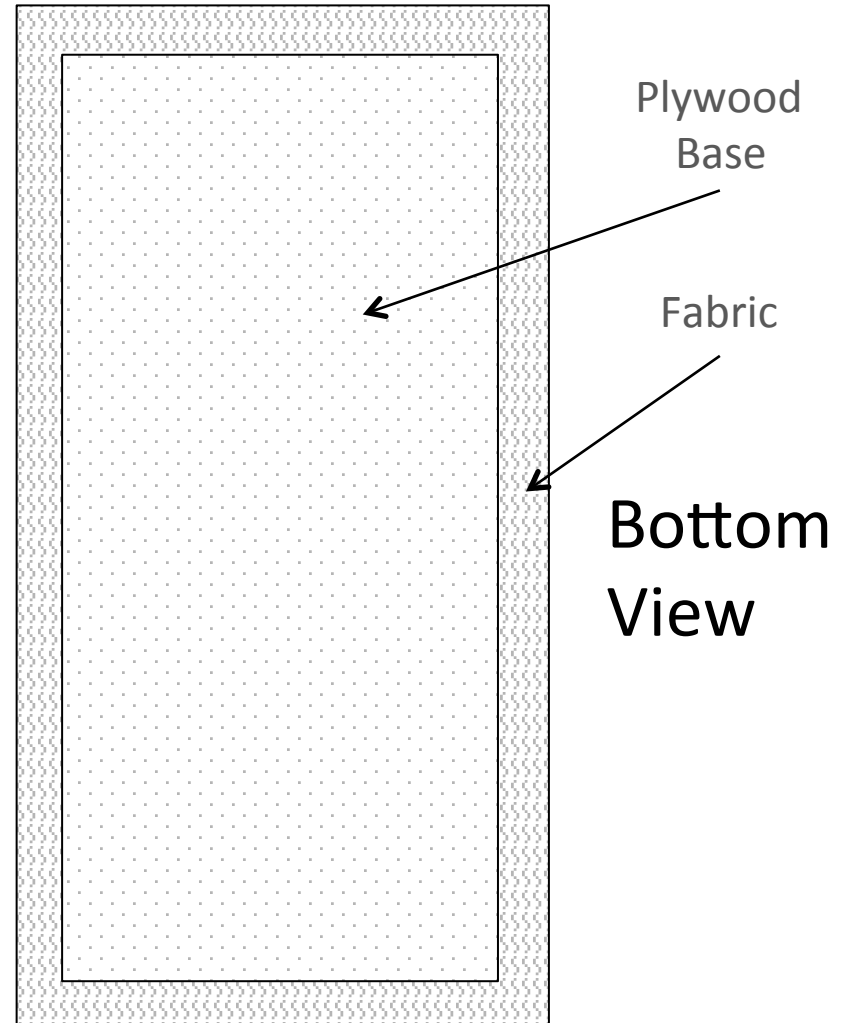
3. Repeat this process until all fabric has been attached to all of the foam. There will still be +/- 3” of loose fabric on all sides.



Adhere Fabric to Wood

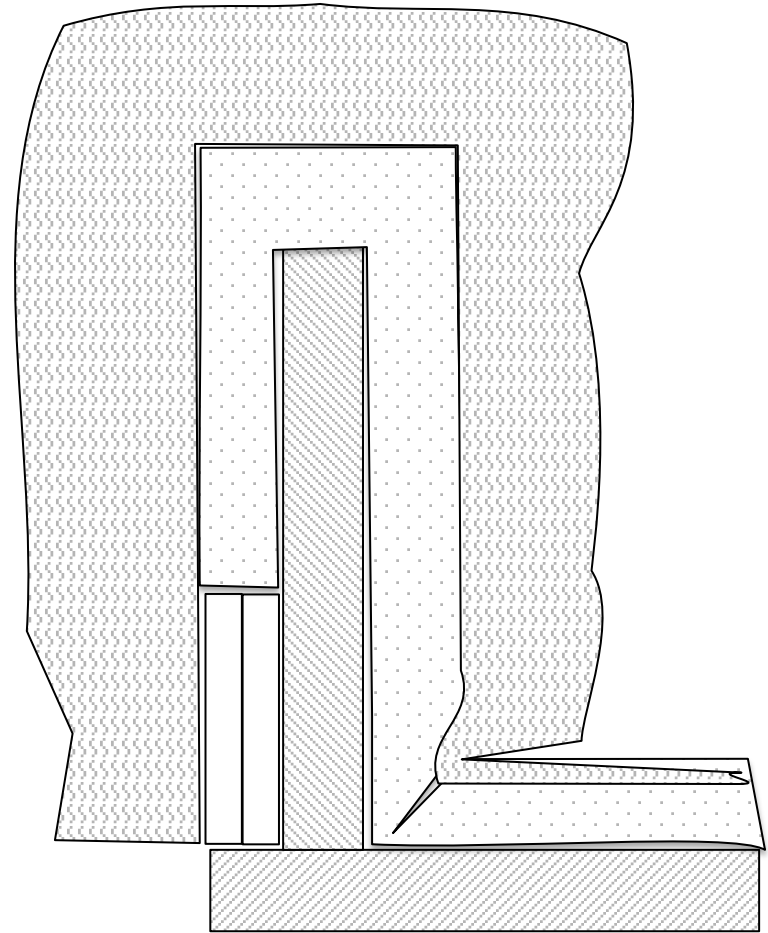
NOTE: At this point, there will be loose fabric sticking out from the foam all over the crawling track.

The easiest fabric to secure is the fabric that hangs over the sides. This will be stapled onto the bottom of the crawling track using the staple gun. But this will be the last step of the process.



Adhere Fabric to Wood

At each end, there will be 3" of fabric hanging off of the side walls at each end. This will be secured to the end of the board that makes up the side wall using a staple gun.

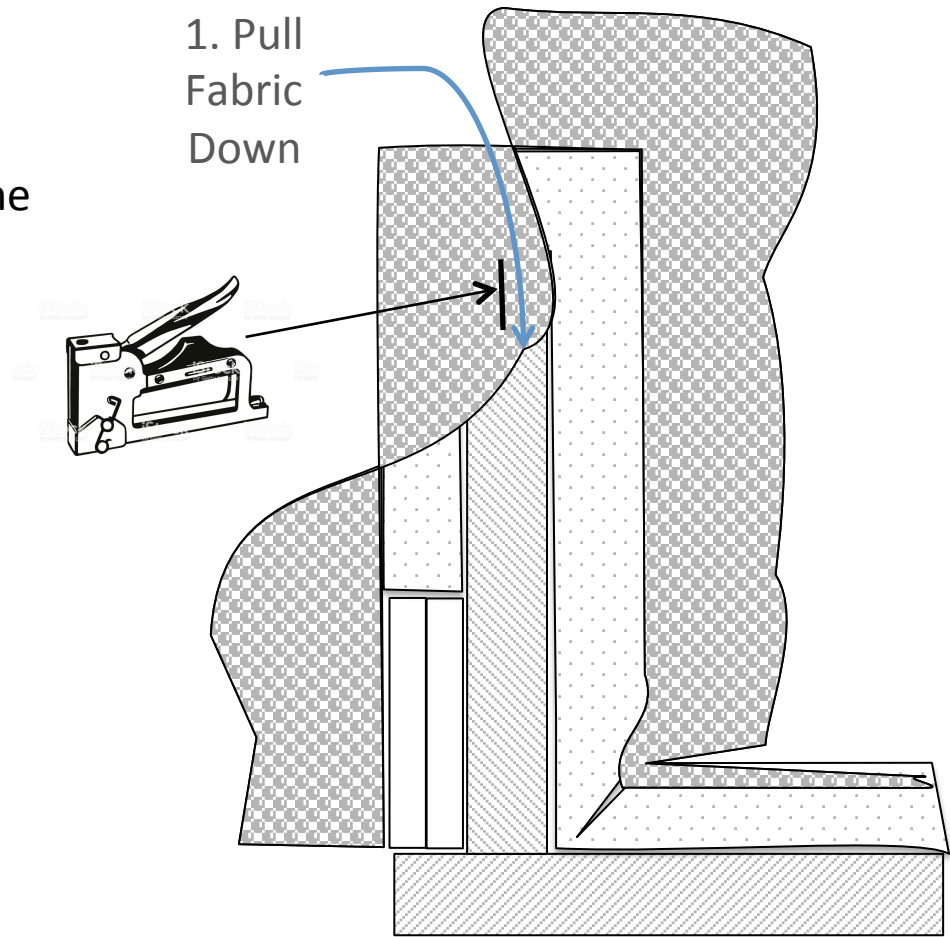


Close Up End View
of One Side Wall

Adhere Fabric to Wood

1. First, pull the fabric from the top outside of the side wall tight against the end of the side wall board.

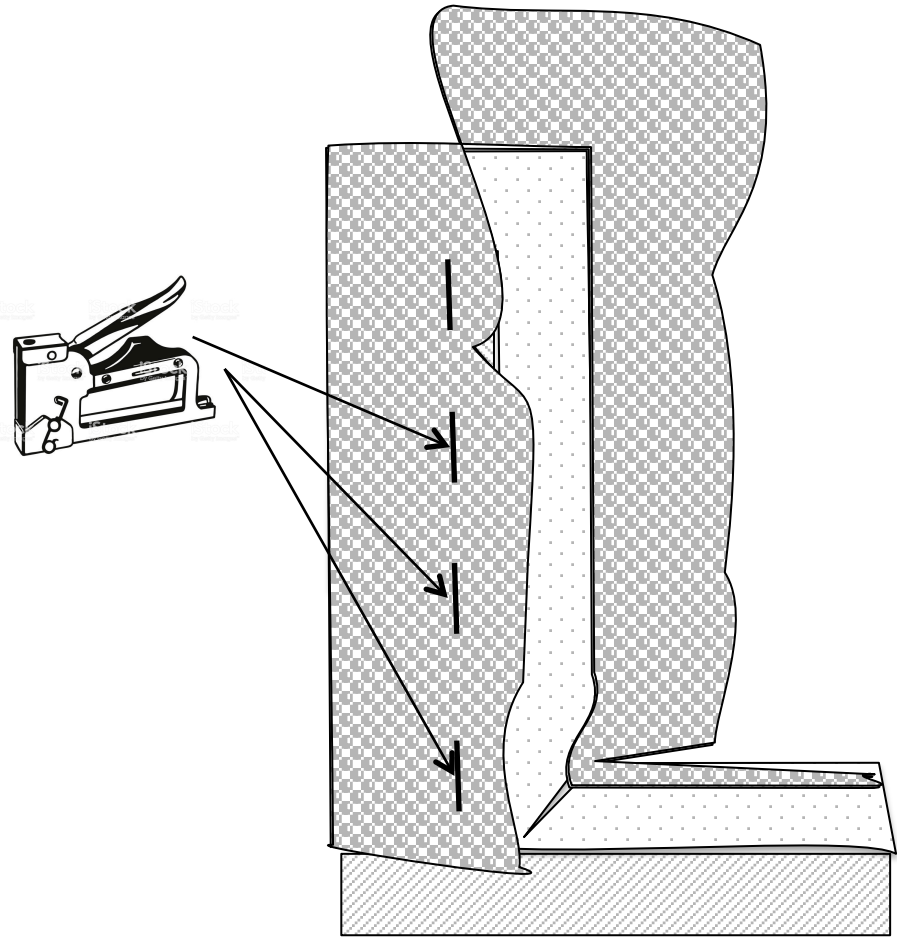
2. Use staple gun to secure in place



Close Up End View
of One Side Wall

Adhere Fabric to Wood

3. Pull another section of the fabric from the top outside of the side wall tight against the end of the side wall board.
4. Use staple gun to secure in place.
5. Repeat until outside side wall is fabric is fully attached.

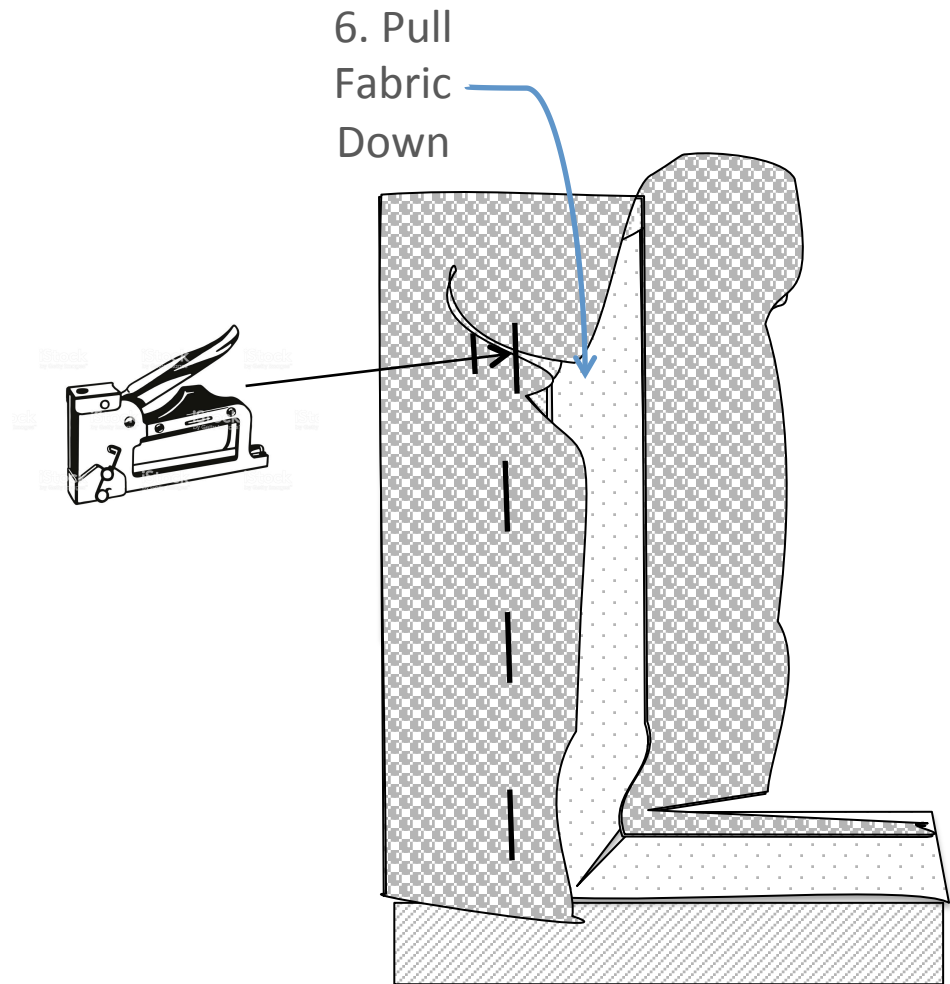


Close Up End View
of One Side Wall

Adhere Fabric to Wood

6. Pull down top section of the fabric tight against the end of the side wall board.

7. Use staple gun to secure in place.



Close Up End View
of One Side Wall

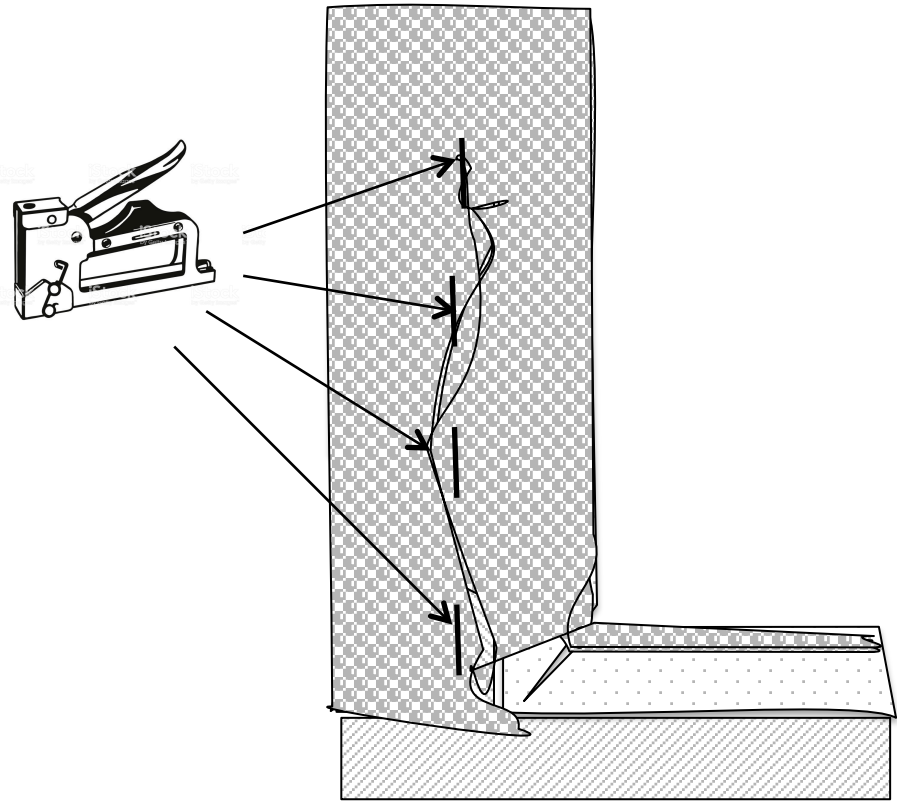
Adhere Fabric to Wood

8. Repeat process for the fabric from the inner side walls. Start at the top and work your way down.

9. Use staple gun to secure in place.

NOTE: Since this is the last sections of fabric, you want to leave the stapled areas looking more finished. As you staple these sections, turn the extra fabric under itself and staple into place.

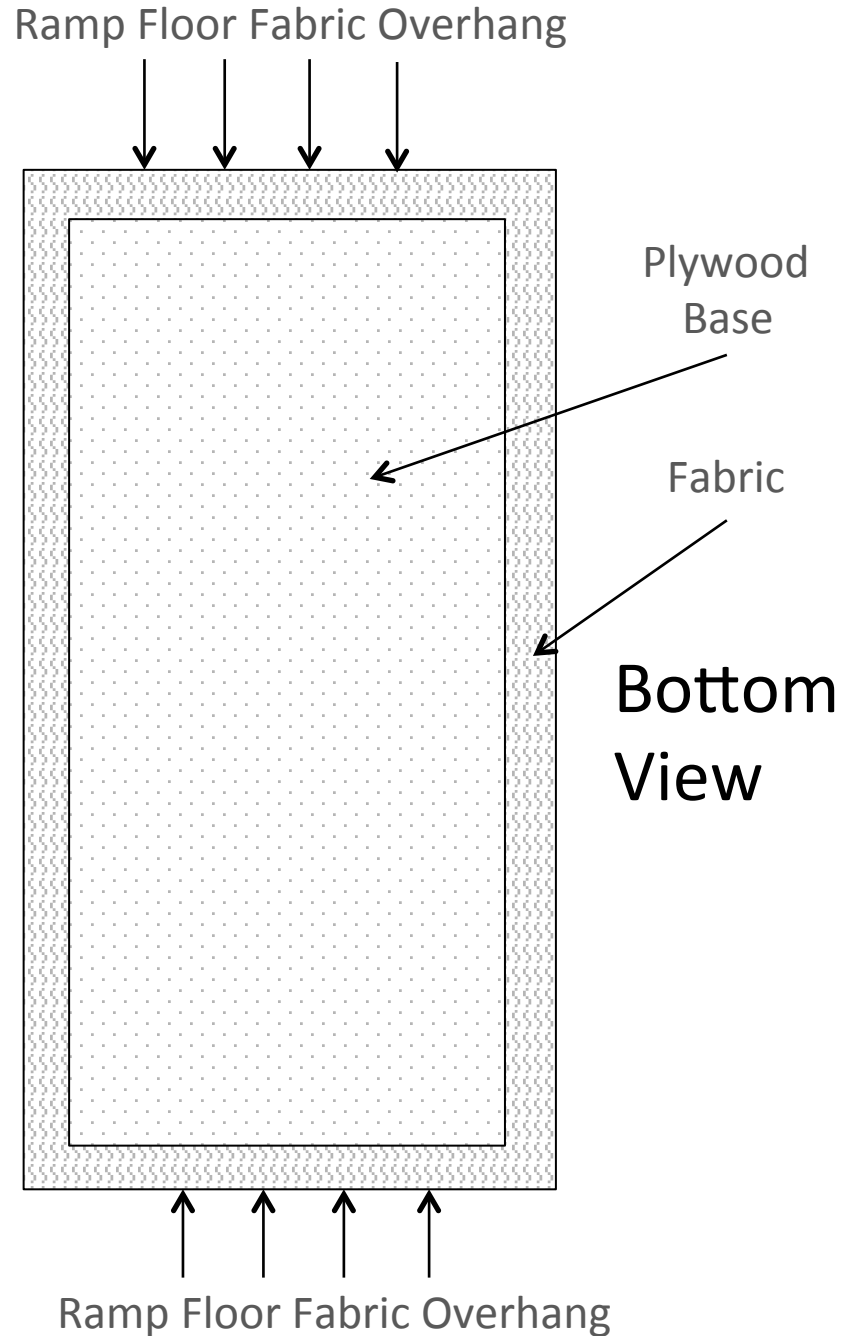
10. Repeat process for the other three side wall ends.



Close Up End View
of One Side Wall

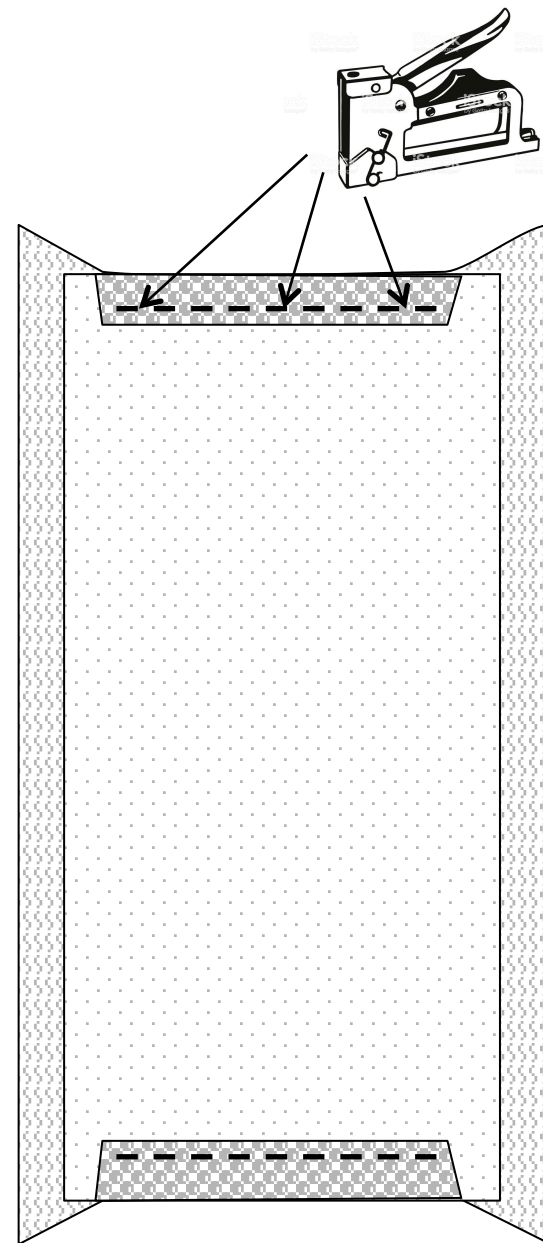
Adhere Fabric to Wood

NOTE: Now that the side wall ends have been secured, it is time to secure all remaining overhang fabric to the bottom of the board.



Adhere Fabric to Wood

1. Start by pulling tight on the fabric that extends from the ends of the floor of the ramp where the baby will be sitting.
2. Pull tight at the middle and place one staple. Continue placing staples 1" apart to the right. Then start again at middle and work left placing staples 1" apart.
3. Make sure that surface of the Crawling ramp floor is smooth and the fabric is uniformly tight.
4. Once top is complete, repeat steps for the bottom.

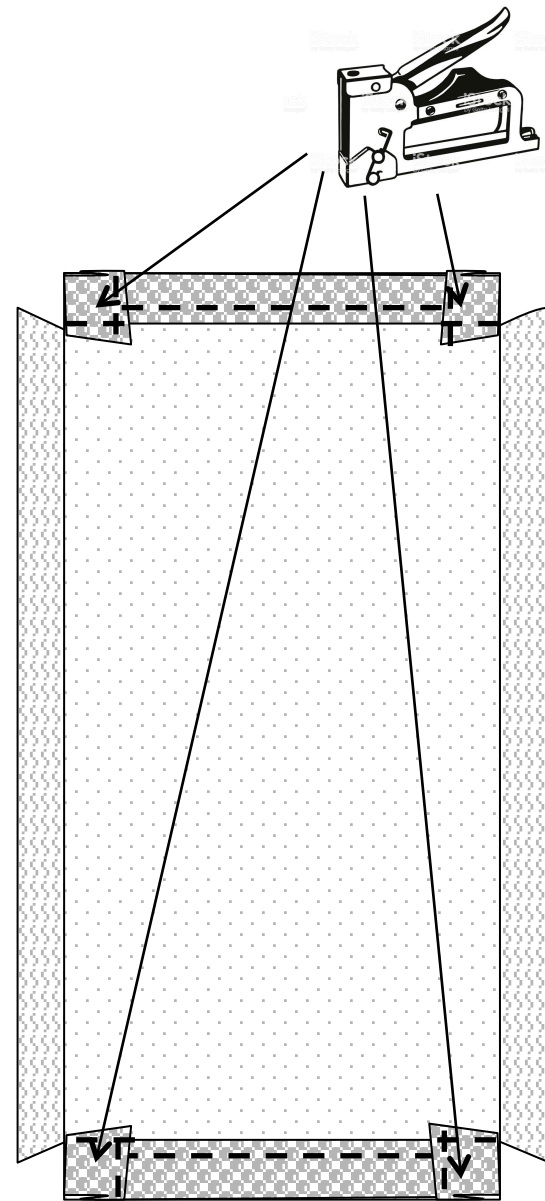


Bottom
View

Adhere Fabric to Wood

5. Now secure a corner. Pull tightly and be sure to secure and fabric that was overlapped together where you secured the side wall fabric to the end of the side wall boards.

6. Repeat for other corners.



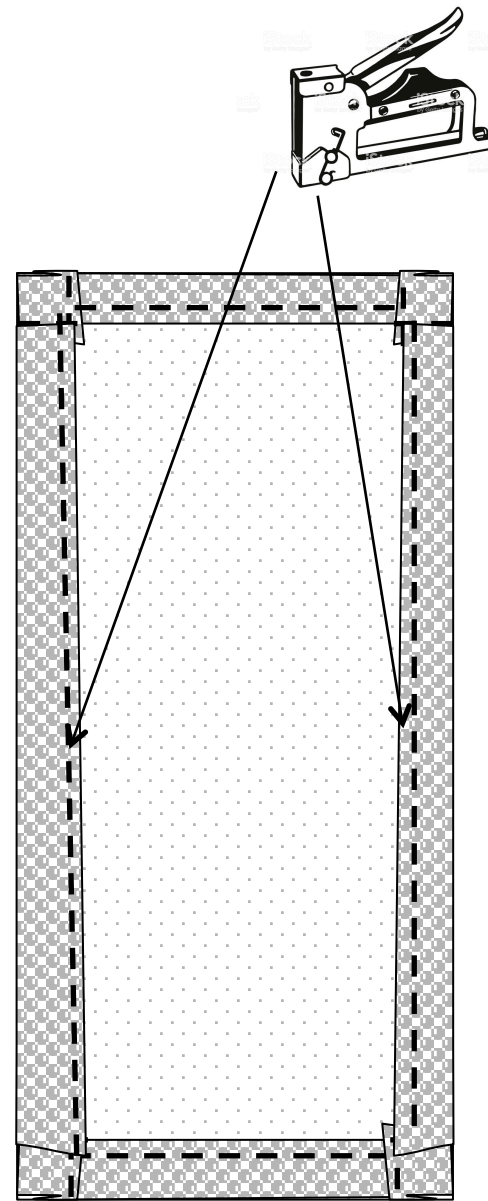
Bottom
View

Adhere Fabric to Wood

7. Secure fabric extending down each side. Start in the middle of either side and place staples 1" apart in one direction. Once half of complete, start again in the middle and work down the other way with staples 1" apart.

8. Repeat for other side.

9. If an areas of fabric still seem loose, pull tight and fold extra fabric under and place a new staple. Repeat as necessary.



Bottom
View