skills on the hill pediatric therapy

When to Worry About Toe Walking

When it's just a phase - and when it's worth a look

Lots of toddlers walk on their toes now and then, and usually it fades. But persistent toe walking can sometimes signal something worth checking. Here's a parent-friendly guide.

NOTICE	TRY	BUILD	CONNECT	GROW

Often normal

Occasional toe walking in kids under 2 who are new to walking

Stops when reminded, and disappears over time

Worth watching

Still toe walking most of the time after age 2

Tight calf muscles or reluctance to put heels down

Consistent on both feet

Worth a call (PT or pediatrician)

Toe walking plus tight heel cords, poor balance, or delayed motor skills

Any regression, or toe walking on one side only

Simple things to try at home

Barefoot play on textured surfaces; squatting to pick up toys

Helpful idea

"Penguin" heel-walking games; hills and stairs; gentle calf stretches during story time

Why it matters

Persistent toe walking can affect balance and calf flexibility, and occasionally points to sensory or neuromuscular needs. A quick eval rules things out.

GROUP 2 - Speech, Language & Literacy

Parent tip: Start small. Pick one idea that fits your family, practice it consistently, and build from there.