

# Let your child explore...

Have Fun, Connect and Wonder, Pause and Wait

## Let me Move in Different ways

I have a lot to learn before I can walk on my own....

There are many things we can do together ....

### To help me stand:

- Encourage me to play in a tall kneeling position  
A good place to do this is at a bottom step
- From this position put one of my feet on the floor and I will push myself to stand
- I like to start by standing at a coffee table/couch that helps to support me
- When I am standing at a supportive surface, have me reach down for toys to encourage squatting so I learn to lower myself to the floor
- Practice standing with me at a patio door/mirror/fridge
- Practice standing with my back against a wall



### To help me to walk:

- Provide heavy boxes (e.g. a full diaper box) or weighted laundry baskets / toy grocery carts for me to push
- Encourage cruising sideways at a couch or coffee table by putting toys out of reach: I may need help moving my legs
- Move furniture further apart to encourage me to step between it



### Practice walking with me:

- hold my hands out front
- then my shoulders
- when I am more steady support me less and try holding an object that I am holding

### Practicing different movements with me is important because:

- You can share my excitement when I discover how I can move
- You can help me learn to get to where I want to be
- You can help me learn to walk on my own

