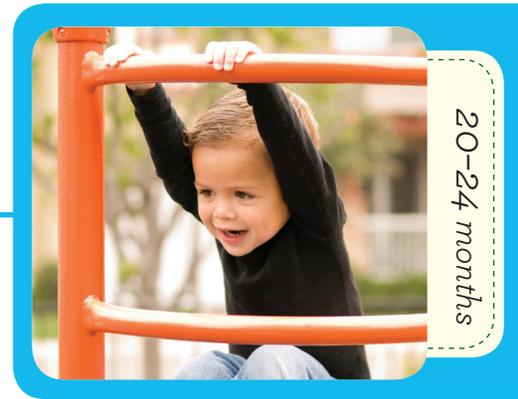


Gross Motor

Activities to Help Your Toddler Grow and Learn



Your toddler is busy and fast! She is running and learning to kick and jump. Her leg muscles are getting stronger, and she can walk up and down stairs holding on to your hand or a railing. She really enjoys moving her body and learning new skills. She also likes to climb, so be watchful!

Froggie Jump

Hold your child's hands and help him jump off a low step. Then let him try it by himself. Once he can do this, show your child how to jump over something, such as a small milk carton. Encourage your child: "Wow! You can jump just like a frog."

Bowling Adventure

Show your child how to roll a medium-size ball toward pins to knock them down. Balls can be made from wads of newspaper taped all around. Empty milk cartons or plastic soda bottles can be used for pins. When your child gets tired of bowling, you can play kickball.

Balancing Practice

Assist your child by holding her hand, then ask her to stand on one foot. Now ask her to stand on the other foot. See if she can stand without holding your hand. Count how many seconds she can balance. Keep practicing!

Let's Go for a Ride

Give your child a riding toy without pedals. It will help him control the movement of the toy and strengthen his legs. Later he will enjoy riding a tricycle with pedals.

Dance to the Music

Play different kinds of music that you and your child enjoy: salsa, hip-hop, country, classical, jazz. Dance and move to the music with your child. Sometimes pick her up so she can feel you move. Mostly, let her dance and move by herself. She may enjoy dancing with scarves or ribbons. Shakers and bells make it great fun!

Trip to the Playground

Find a playground in your neighborhood and have some fun! Run, swing, and climb. As you walk to the playground, practice stepping up or down street curbs or stones holding your child's hand. If there are stairs or ladders, encourage him to walk or climb up. Hold on to the railing!

Red Light, Green Light

When you are in a safe open space, teach your child this game. Hold her hand and say, "Green light," to begin the run. Say, "Red light," to stop quickly, then "Green light" again. When she knows the game, she can run toward you by herself while you say, "Green light! Red light!" Your open arms are the finish line.

Notes:



Don't Forget! Activities should be supervised at all times by an adult. Any material, food, or toy given to a young child should be reviewed for safety.