



HELLO PARENTS,

As your child grows, they will further their gross motor abilities. Gross motor skills include your child's physical movements, such as running, jumping, and climbing. Your child will build their strength, and coordinate their body to move in new ways. The act of climbing sharpens visual perception and motor skills as children decide where to place a foot or hand to move up or down. This newsletter will provide you with activities to encourage your child, as they discover their ability to climb to new heights!

ACTIVITIES

INFANTS (3 – 18 MONTHS)

ON YOUR MARK, GET SET, GO!

DIRECTIONS:

- Support your infant while they are walking by holding their hands.
- Encourage them to take independent steps.
- Help your infant to have sensory awareness in their feet by allowing them to walk barefoot whenever possible.
- Let your infant take 1 or 2 steps at a time. While you are prompting them to walk on their own, remain very close in order to prevent them from falling down.
- Gradually increase the distance between you and your infant as they are more confident to walk on their own.

[Click here](#) to listen to "Walking, Walking".

TODDLERS (19 MONTHS – 2.5 YEARS)

JUMP AROUND

MATERIALS:

- Cushions/pillows

DIRECTIONS:

- Collect furniture cushions and pillows from around the house with your child.
- Stack the cushions/pillows on top of each other, creating a pile.
- Encourage your child to climb the pile of cushions/pillows.
- Gradually add more cushions/pillows to increase the height and motivate your child to jump from the top of the pile.

[Click here](#) to read "Who Climbs Trees?" by Phoebe McGuffee.

PRESCHOOLERS (2.5 – 5 YEARS)

MONKEY BARS

DIRECTIONS:

- Go on a walk with your child to your local park.
- Encourage your child to explore the monkey bars.
- Help them as they try to get from one side of the monkey bars to the other, and then encourage them to try to swing between the bars on their own.

[Click here](#) for some examples of risky play for your preschoolers.

JK/SK (4 – 6 YEARS)

CLIMBING IN NATURE

DIRECTIONS:

- [Click here](#) for a list of nature parks around Windsor-Essex County.
- Go to a nature park with your child and enjoy a nature walk.
- As you are walking through the trail, encourage your child to climb on fallen logs, piles of dirt, etc.
- As you continue on the trail, support and guide your child to begin climbing trees. Practice climbing down before climbing higher.

[Click here](#) to learn how to play "Tug-a-Rope".

SCHOOL-AGERS (6 – 12 YEARS)

OBSTACLE COURSE

MATERIALS:

- Various materials to build an obstacle course, for example:
 - Pool noodles
 - Pieces of wood
 - Cardboard boxes
 - Balls
 - Skipping rope
 - Hula hoops

DIRECTIONS:

- Pick a location to build your obstacle course. It can be outside in your backyard, or inside your house. If you choose to have it inside your house, pick a wide and empty space.
- Find different materials to build your obstacle course. For example: you may choose cardboard boxes, balls, skipping ropes, cushions, etc.
- Once you pick your materials, build the obstacle course and enjoy it with your family and friends!

[Click here](#) to view body exercises for children.



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and Citizenship Canada

Immigration, Réfugiés
et Citoyenneté Canada

A TIP FOR TODAY

- Encourage and support your child to test their limits while outdoors. For example: pulling themselves to the top of a slide, climbing a jungle gym, etc.
- Motivate your child to actively participate in play that involves speed from a height. For example: riding down a hill on a bike, skateboarding, etc.
- Encourage your child to engage in age-appropriate climbing activities that they are able to enjoy.
- As parents, if you feel unsafe about your child, calmly ask them: "Do you feel safe?" as an alternative to "Be careful". If your child does not feel safe, assist them as calmly as possible.