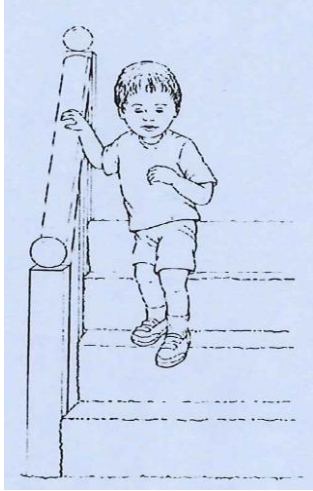


Children's Therapy and Family Resource Centre

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Suggestions to Help Children Climb Stairs



Stair climbing is a great activity for your child to help working on standing balance, Provide proprioceptive input through the legs and feet, to help promote bilateral motor coordination and help provide exploration of the environment.

Activities to help encourage children to start walking stairs:

Stepping over: Stepping over will help your child practice shifting his weight and balancing on one leg. Place thin object such as a jump rope, hula hoop or rolled up dish towel on the floor and have your child step over them.

Standing on one leg: Hold your child's hand and practice standing on one leg. Make sure he practices on each foot or have your child stand with one foot on the ball and practice singing and clapping.

Climbing: With close supervision, have your child climb on the stairs of play equipment at the park, holding on the rail, leading with one foot.

Walking stairs: When walking up the stairs, have your child hold a toy, purse or book in one hand and a handrail or your hand in the other.

Walking stairs up the stairs one foot at a time: Show your child climbing stairs by placing one foot at a time. Hold your child's hand or allow her to hold a handrail for support. Encourage her to alternate her feet by saying: "left-right, left-right" or "one-two, one-two".