

These suggestions are basic ideas to incorporate within your family routine that can support motor development and learning. They may or may not be things you already do. Making them part of the daily/weekly routine will promote repetition which builds strength and motor learning, and supports ----- growth without having something “extra” to do 😊

1. Laundry – Have ----- help by pushing or carrying the laundry basket to the washing machine. -- ----- could help put the laundry in the washer by squatting to get items from the basket and moving up (possibly up on toes) to place them in the machine. Once dry, ----- could help to move the clothes back into the basket and carry or push them to the folding spot.
2. Groceries – Have ----- carry bags (with items you are comfortable with) from the car to the house. Once in the house she can help to unload items from the bags and put them away (if possible) or to a designated area. Again, encourage squatting down and standing up for items, so placing bags on the floor for unloading would be best.
3. Steps – Encourage ----- to alternate her feet when walking up steps so that she uses both sides of her body. As she develops increased strength and coordination with walking up and it is an automatic pattern for her, ask her to alternate her feet coming down the steps. Encourage her to step up and down from a single step (like a curb) without holding onto a support.
4. Inside Play
 - Encourage squatting, use of feet, and moving by strategically placing toys up on a table or couch and toy parts on the floor or vice versa.
 - Coloring - have ----- color while staying in a hand and knees position on the floor; tape freezer paper to the wall or refrigerator door and have ----- stand to color (crayons on the floor) encourage her to color up high (get on tip toes) or low (squat).
 - Toss the couch cushions and pillows on the floor and make an obstacle course to walk on. Add shoe boxes and covers to step in/on/out/over. Put a tape line (painters tape is easy on your floor) on the floor to step or jump over or walk on (like a balance beam).
5. Outside Time
 - Go for a walk (endurance)
 - Playground play – encourage climbing both up and down, sliding, swinging. I know we don’t tend to allow kids to do this at school/childcare, but walking up a slide is great leg strengthening 😊
 - Ball play – kick, strike off a tee, run after the ball, catch, throw, sit on them.
 - Sand box – play in bare feet to get toes active, encourage squatting while digging.
 - Beaches/Lakes – bare feet and squatting play, walk in the water, move in the water with floatation device/adult, jump off a dock into the water.
 - Sprinkler – run through, jump over.
 - Bubbles – run after them; jump up, squat down to pop them, kick them with your feet, stomp on them..
 - Ride on toys – scoot bike/trike, pedal trike, 3 wheeled kick scooter.

- Sidewalk chalk – encourage staying on her feet/squatting to make marks; build a “road” to drive on with ride-on toys.