



# 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.

**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 froggie."

**Bowling Adventure** Show your child how to roll a large ball toward "pins" to knock them down. Balls can be made from large 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 Act** Assist your child by holding her hand, and ask her to stand on one foot. Then ask her to stand on the other foot. Now 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 with 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 Party** Play different kinds of music: rock and roll, country, classical, and ethnic music—any that you and your child enjoy. Dance and move to the music with your child. Allow her to move freely as she listens. 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.

**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 holding your child's hand. Encourage him to walk up stairs by holding on to the railing.



20–24 months