

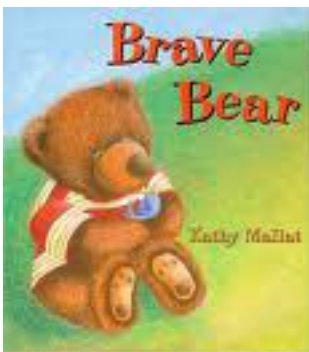
What's up there?

Let's play and talk together

- ❖ Encourage your toddler to practice climbing safely.
- ❖ Place fruit or vegetable pieces on a plate on the kitchen table and invite your toddler to climb safely onto a chair to enjoy a snack.
- ❖ Place a toothbrush and some soap on the counter in the bathroom. Put a footstool in place for your toddler to stand on so he or she can learn to brush teeth and wash with your help.



A good read-together book



Brave Bear by Kathy Mallat

You will need a favourite toy, some favourite foods, a table and chair, a footstool, a toothbrush and some soap.

This activity helps children practice safe climbing on indoor furniture

Hints for success

- ❖ Put a favourite toy or some food in a safe place for climbing to encourage your toddler to practice climbing upwards.
- ❖ If your toddler is not ready to climb upwards, place pillows on the floor to climb over.

Here's a stool to stand on while you wash your hands.

I'll help you climb up on the chair.

Ways to say it

More ideas for What's up there?

Try this way

- ❖ Place a book your child enjoys on a couch or chair. Show your child how to climb up onto the couch or chair and sit beside you to read the book together.
- ❖ Help your child climb down from a couch or chair by facing the furniture and sliding backwards to the floor.
- ❖ Help your toddler practice going up stairs safely. Explain that it is important to face the stairs and lean toward the steps at all times.

Language development

Help your child learn new words while you do these activities together. Use words like "climb," "kneel," "reach," "look up," "hold on" and "sit down" to help your child understand the names for actions involved in climbing.

Book link

Schnitzel Von Krumm, *Dogs Never Climb Trees*
by Lynley Dodd



Safety tips

- Be sure that climbing surfaces are strong, stable and not too high.
- Stay within an arm's length of your child until he or she is secure and confident.