

A Fun Path

You're following
the path.

Talk about your child's actions as he goes along a path of objects by stepping *over*, crawling *under*, jumping *in*, and climbing *on* them.

Your child's physical skills and awareness of space and positional words will increase.





Why this is important

Following an obstacle course encourages your child's physical development as well as his understanding of the position of his body in space. When you use the words that describe his actions as he plays, it is easier for him to learn new vocabulary.

What you do

- Create a path of various obstacles for your child to move through, such as a cardboard box open at both ends, a small stool to climb on and jump off, or a rumpled towel to step over.
- Use a piece of rope or a garden hose as a guide, if needed.
- Change the path occasionally, using new objects each time. Remember your child's skill level and keep the obstacles manageable.
- Stay close by and use position words to talk about what your child does. *You're going under the bench. You're stepping over the paper.*
- Be flexible, allowing your child to step off the path if he chooses. He may strictly follow the sequence or try different obstacles randomly.

Another idea

Invite your child to play "Follow the Leader." Allow him to lead you along the path as he chooses what to do next. You can be the leader and show him a new way to move around each object.

Let's read together!

Jonathan and His Mommy
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