

Low Jump



That's a big jump!

Invite your child to jump from a low place while you hold on to him.

Your child will have a safe way to try a new skill and feel confident about moving his body.



Why this is important

Now that your child walks well, he will enjoy learning new ways to move. Some children take longer to feel comfortable jumping, but if your child is allowed to progress at his own pace, he will be more willing to practice. If you plan for his safety and success, your child will gain confidence about moving his body in new ways.

What you do

- Help your child stand on a low stool or bottom step. **Only choose low places for your child to jump from. Remain with your child while he practices.**
- Hold him under his arms, help him jump to the floor, and say *Jump!* Lift him higher than necessary to help him feel the motion.
- Repeat this activity until he feels comfortable and confident with jumping.
- Give him the chance to jump while only holding onto your hands. Let him maintain his balance, but use your hands to help support him.
- Talk to him about safety during the activity: *We only jump from low places.*

Another idea

Use a board to set up a small ramp that your child can walk up and down. Help him jump down at the end. Lay the board on the floor and show him how to jump over it. Use the words *up*, *down*, and *over* to talk about the movements. Also, you can hold hands and jump around the room, or imitate animals such as frogs, rabbits, or kangaroos.

Let's read together!

Baby Dance
by Ann Taylor