Positioning

To develop walking use a stable push-along toy with a wide base, the handle in front of the back axle, and a gap between the back wheels to step into.

Start by putting it a short distance from furniture so the child can feel it move, but just a short way.

To assist first steps – use a hoop or stick:

- Get the child to hold it with both hands, and the adult hold it too (facing the child), gradually reducing the amount of help.

Move on to:

1. From adult to adult
2. From a wall to an adult
3. From settee to armchair.

Please check with your child's physiotherapist before using these play movement ideas.

Play Movement Ideas

Walking

Play ideas

Try using glitter sticks or wands, hula hoops.

Try using children's shopping trolleys, buggies/prams, push along activity toys

Ride on toys.

Try singing 'The grand old Duke of York' and model the actions