

# How Many Steps?

## Primary Objectives

- 4. Demonstrates traveling skills
- 20a. Counts

## Why It's Important

Providing your child with a goal to focus on while she practices her gross-motor skills may encourage her to move more readily, even with adult support. Counting each step slowly is a way to support your child's efforts to move purposefully and methodically.

## Materials

None

## What You Do

1. When moving from one area of the room to another, hold your child's hand or provide other appropriate support, and count together the number of steps you take.
2. Offer as much assistance as necessary for your child to move smoothly around the room. *Acknowledge her movements. Walking up stairs is hard work. You are really using your strong leg muscles today.*
3. Count when going up and down stairs, through doors, etc. *One, two, three, four, five, six. Six steps to get to the sink.*
4. When repeating a path already taken, ask your child if she can remember the number of steps it took the last time. Count again to see if the number matches. *It took us six steps to get to the sink. Let's see how many steps it takes to get back to the chair. One, two, three, four, five. Only five! Wow, you must have taken really big steps this time.*
5. Notice if your child becomes tired or frustrated. Offer time to rest when needed. Offer physical and emotional support as well. *You've done a lot of moving today. Let's take a break and relax your muscles now.*