

Musical Stairs

Primary Objectives

4. Demonstrates traveling skills

Why It's Important

Climbing stairs doesn't happen overnight. Children begin by holding onto the railing with two hands. Then they climb by stepping with both feet onto each stair. Eventually they are able to alternate their feet on each step, holding on with one hand. Your child will appreciate your help in such a complicated process.

Materials

Audio recording; if needed, set of stairs

What You Do

1. Before you begin this activity, climb the stairs with your child and observe how she climbs. Does she crawl up the stairs? Does she hold the railing with two hands? Does she walk up the stairs touching one foot per step? Observe how she climbs down the stairs as well.
2. Use the information you have gathered to play "Musical Stairs." Bring a radio or tape deck close to the stairs and invite your child to climb the stairs when she hears the music. Explain to her that each time you turn off the music, she should stop climbing.
3. As she is climbing, turn off the music intermittently so she can stop. When the music resumes, see if she remembers to continue climbing.
4. When your child stops, observe whether she is balanced, how her feet are positioned, how comfortable she feels on the stairs, and whether she can follow your directions.
5. Once your child is comfortable moving up the stairs, consider trying the same activity going down the stairs or selecting music with a faster pace.