

Stair Song

Primary Objectives

4. Demonstrates traveling skills

Why It's Important

Climbing stairs requires your child to have advanced coordination. Rehearsing the steps and singing while performing the task will help your child concentrate on foot placement and timing as she walks up each step.

Materials

None

What You Do

1. Observe your child's willingness to climb stairs. Look for opportunities to walk with your child up and down the stairs.
2. As you climb the stairs with your child, sing the following song to the tune of "Are You Sleeping?" *I put one foot next to the other foot, as I walk up the stairs. I put one foot next to the other one as I walk up the stairs.*
3. Offer as much support as needed for your child to climb successfully to the top. Acknowledge her achievement: *You walked all the way to the top step!*
4. Assist her as she goes back down the steps.
5. Encourage your child to put both feet on each step. If the song distracts her from the task, you can hum the tune or wait until she has finished climbing before you sing.
6. If you do not have stairs in your home, do this activity whenever you find a short staircase in someone else's home or a quiet public place. Be sure to find a staircase with a handrail that is comfortable for your child to hold as she walks.