



Parents as Teachers.

ACTIVITY *page*

8-14 months

What do we have?

- > A footstool, plastic crate, push toy, or laundry basket with a heavy book inside
- > Board book

Book sharing

You may find that your toddler wants to read standing up. It's OK. He will still listen to you – and he may return to your lap when you get to a favorite part of the story.

He is more likely to snuggle during quiet times like bedtime routine.



Promoting Walking: Pushing and Cruising

How do we do it?

1. First babies push while crawling – and then they will pull up to stand while they push. You can support your toddler's next steps by using something sturdy enough that it won't tip (but make sure it won't scratch your floor), like a padded footstool or plastic crate.
2. You can assist him by steadying the stool or crate and letting him push it where he wants to go. When he drops down, he probably needs to rest and crawl.
3. Another way to help is to hold his hands for balance as he walks.
4. When you see your toddler cruising along the couch, drop to the floor nearby and hold out your hands. Ask him to walk to you. If he is ready, he will let go and toddle over a step or two. Yea! First steps! He will be so excited that he may drop down and crawl the rest of the way to your arms.

What's in it for us?

- > **Motor:** Your toddler is developing the coordination to pull up, balance his body, and then move to an upright position. He is getting ready for his next skill: walking.
- > As he pushes or reaches for a chair when cruising, your toddler is practicing understanding distance.
- > Your toddler's brain is beginning to read visual depth cues with his eyes. His brain takes in all this information to gauge how far away something is.

(child skill or parent skill defined by the parent/parent educator)



Safety tip

The object your toddler is pushing needs to be heavy enough to support him as he pushes. You don't want him to pull up and then topple over as his weight pulls the furniture down.