

Obstacle Course

Age: Explorer (8 - 18 months)

This activity helps your child's development in this domain: Physical

What You Need:



- Pillows, chairs, or boxes

What To Do:

1. Make an "obstacle course" for your baby out of large pillow and/or chairs. Cut off the ends of a large box and make a tunnel.
2. Encourage her to crawl through the obstacle course you made.
3. Join in and play "Follow the Leader." Take turns. Follow her then ask her to follow you.
4. Talk about what she is doing and seeing. Ask her questions even if she cannot answer you yet. For example, "Where are you going? Can you find the big pillow?"



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