



Stairs

Crawling up and down stairs

Highlights for practice

Always stay close to your child to make sure they don't fall. It's recommended to stay on a low stair near the ground.

Try to have fun practicing and combine games. Make sure you create a successful experience with a challenging difficulty level.

Try to practice in different environments and opportunities in order to ensure a good learning experience.

Crawling up stairs- Crawling up stairs is usually achieved after crawling on a flat surface , or climbing on furniture.

To encourage your child to crawl up stairs, try putting a toy on the top of the staircase. Try to help your child use their opposite hand and leg.

Crawling down stairs- Put a toy at the bottom of the staircase to encourage your child to crawl down.

Heading down stairs , the child should be facing upwards - basically crawling backwards. During the first stages of learning you can help by placing the child with their hands on the top stair and their legs one step below. Encourage crawling down stairs using opposite hands and legs.

Crawling backwards isn't necessarily natural, therefore you should teach your child to turn around before crawling down.



Going up and down stairs with the help of a railing

Highlights for practice

Always stay close to your child to make sure they don't fall. Always be one stair beneath your child.

Try to have fun practicing and combine games. Make sure you create a successful experience with a challenging difficulty level.

Try to practice in different environments and opportunities in order to ensure a good learning experience.

Walking up stairs with both hands on the railing- The child walks up while supporting themselves with both hands on the railing and walking sideways. Another option is to hold the railing with one hand with the other hand on the parent.



Walking up stairs with support of one hand- Encourage the child to walk up steps while supporting themselves with one hand on the railing, facing upwards. At the beginning, the child will place both feet on each step.



Walking down stairs with support of one hand- At the first developmental stage of walking down stairs, we'll help the child by supporting them with one hand



or a railing. Make sure that while walking down stairs the child is facing forwards, and you can help by demonstrating putting one foot on the next step.

Walking up and down stairs without support

Highlights for practice

Always stay close to your child to make sure they don't fall. Always be one stair beneath your child.

Try to have fun practicing and combine games. Make sure you create a successful experience with a challenging difficulty level.

Try to practice in different environments and opportunities in order to ensure a good learning experience.

Walking up stairs without support- When the child is around 2 years old you can start encouraging them to start walking up stairs without support. The child can put one or both feet on each stair at a time. At this stage it's important to observe the child closely to keep them from falling in case they lose balance.



Walking down stairs without support- Usually we encourage walking down stairs without support only after the child can walk up stairs without support. Similarly to walking up stairs unsupported, the child may put one or both feet on each stair at a time. Emphasize balance without external support.

Walking up and down stairs one foot at a time

Highlights for practice

Always stay close to your child to make sure they don't fall. Always be one stair beneath your child.

Try to have fun practicing and combine games. Make sure you create a successful experience with a challenging difficulty level.

Try to practice in different environments and opportunities in order to ensure a good learning experience.



Walking up stairs one foot at a time with support- Place one foot at a time on each stair, while alternating feet each stair. Walking up stairs this way is more efficient -it saves time and energy.

Walking up stairs one foot at a time without support- Around the age of three the child puts one foot on each stair without any external support.

Walking down stairs one foot at a time without support- Around the age of three and a half , the child can walk without the support of a railing by placing one foot on each stair. This is the highest developmental level of stair function skills : It requires muscle strength, balance, coordination and a developed spacial perception.