

Obstacle Course

Obstacle courses are great fun for toddlers. You can create an obstacle course inside your house or out in your yard.

Stack cushions of varying shapes and sizes and let your child crawl, walk and climb over the cushions (with help when needed).

Create your own balance beam by laying a wooden board on the ground (make sure it is well sanded to avoid rough edges). If you have the time and your feeling creative, paint the beam with the colors of the rainbow and have your child cross the rainbow bridge. Feet can be added to raise the beam when your child is older.

Find various sized cardboard boxes for your child to climb through. Add a play tunnel if you have one.

Use felt squares or pieces of paper as stepping stones. You may need to tape them to the floor so they don't slip. Ask your child to hop like a bunny to the red square or crawl through the tunnel to the blue circle.

Lay a small towel or cloth in the grass and have your child jump over the "river" without getting wet. Make the river wider as your child gets older.

