

Pull Ups

As your child is learning to stand and walk, you can help him by giving him practice pulling himself up and walking around an object. Find a sturdy table or box or other piece of furniture that is a good height for your child to stand next to and walk along, using it as a support. Help your child grasp the edge of the furniture or box, and pull himself up. Then help him walk around it. Be careful of any sharp corners, since your little one may be unsteady! Encourage him and make it fun by singing a song as he goes around and around and clapping at his progress.

Your one year old is practicing walking, and learning about balance and support.



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one year old