Helping Children Explore

Young children are constantly expanding their motor skills rapidly. They need adults to help them when they are:

- Hanging from the parallel bars.
- When toddlers climb too high, and an adult may need to lift them down.
- A child may feel adventurous as he climbs up an arch climber, but may not have the skill to climb down.

Safety Concerns

Children are learning to assert themselves and sometimes want to be very independent. Whenever possible allow children to minimize the need from adults to lift them.

- A diaper table that has pull-out steps also will minimize lifting.
- Low shelves allow children to reach their toys and make choices.
- Low shelves can help children during clean-up time.

Moving Toddlers in an Emergency

During emergency evacuations, children need adults to move them to safety, and this may require lifting them into strollers or other means for transporting children.

- Having a way to transport children is important.
- When children are awake and alert, they may be able to assist but if evacuation is necessary during nap time, the toddlers may not be able to help.

TIPS for Care Providers

- Keeping children centered on your body and using both arms to lift.
- Sit on the floor and engage the children when helping children clean up toys.
- Regular physical activity is important--so start moving!