

Building my strength

Age: 4+ Years

Resources: Pole or ball

Tips:

Pushing and pulling are fundamental movements for your child. This is an activity the whole family could join in with and take in turns in supporting your child's development.

Activity:

- Sit or stand facing your child, and push and pull against each other (you could touch your palms together or connect fingers). Alternatively, you could use an object, such as a pole or ball between you and your child.
- Place the pole handle horizontally, between you and your child and both hold on. Then, try pushing, or pulling, together and against each other. Remember to include frequent breaks throughout the activity.



Notes:

For safety reasons, start the activity by having someone sit or stand behind your child for support until they become confident with their balance.

Please supervise your child at all times while completing any of the activities outlined on this sheet. Stop any activity if your child becomes upset, unwell or you are unsure if you are completing it correctly.

If you would like any further advice or support, please contact the advice line on **0800 7811444** or via email **children@guidedogs.org.uk**