

1-YEAR-OLDS NEED DISCOVERY



Is your toddler a climber? Here are a few ways that other parents have found to keep little climbers safe while also encouraging their curiosity.

You might have a toddler who challenges the law of physics by climbing all over the house. Or maybe you have a more cautious toddler climber who is naturally exploring the world.

A toddler's vertical exploration may give Mom and Dad plenty of heart-stopping scares, but climbing has many physical and intellectual benefits. When practiced in a safe environment, it can foster improved coordination, muscle development, self-confidence, and problem-solving skills.

Here are a few ways to keep your little toddler climbers safe while also encouraging his or her curiosity:

BE CRIB SMART.

Many children are treated in emergency rooms each year from accidents that involve climbing out of cribs. When your child begins climbing, consider placing the mattress on the floor or switching to a toddler bed with side rails.

CLOSE THE WINDOW ON DANGER.

Window screens don't provide adequate protection for curious climbers. Install window locks and keep furniture away from the windows.

STABILIZE TIPSY SITUATIONS.

Here's a small tip to help you with your toddler climbers. Secure tall furniture, such as bookcases, to the wall with anti-tip straps.

CREATE BOUNDARIES.

Install gates to keep toddlers safe from dangers such as stairs. Lock cabinets within your toddler's reach.

REMOVE TEMPTATIONS.

Avoid placing appealing objects in places that may motivate your child to climb to reach them.

OFFER SAFE ALTERNATIVES.

Make "fun zones" on the floor with soft items such as bean bags, cushions, or pillows. With your supervision, let your little one climb to his or her heart's content.

Article credit to Amy Letinsky

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