Navigating Around Obstacles at Home

Practicing going around and stepping over obstacles is a great way to work on safety with navigating busy environments. Setting up at home obstacles will help your child with motor planning, visual awareness, body awareness, and balance. Below are various different ways to use household items to make obstacles for your child to walk around.

Items you can use from home:
- Stuffed animals
- Balls
- Plastic containers
- Dog toys
- Bathroom towel
- Kitchen pot holders
- Pool noodles
- Soft toys

How to set up the obstacles:
- Start with 3-5 items and place them either down a hallway or in a single room. Have the various items spread out to allow your child to walk around the items in various directions.
- Once your child does well with the 3-5 items, try adding 3 more items! The more items they have to practice with the better.
- You can also add in having your child squat down to pick up the items after they navigated around the items to work on their leg strength.