



Walk the Family Relay

Create a short walking relay with Mom as the first stop and Dad as the finish. Each welcoming destination gives your baby a reason to take a few more independent steps.

Helps Your Child Grow



Gross Motor

Walking between short rest stops gives your baby repeated practice balancing and moving independently.

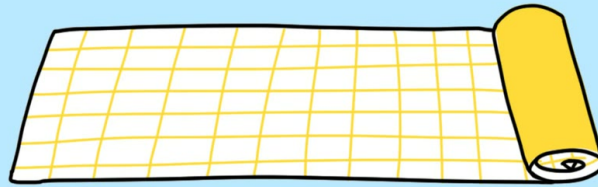


Relationships with Adults

Seeing familiar caregivers waiting and responding at each stop can motivate your baby to approach and reinforce the security of close relationships.



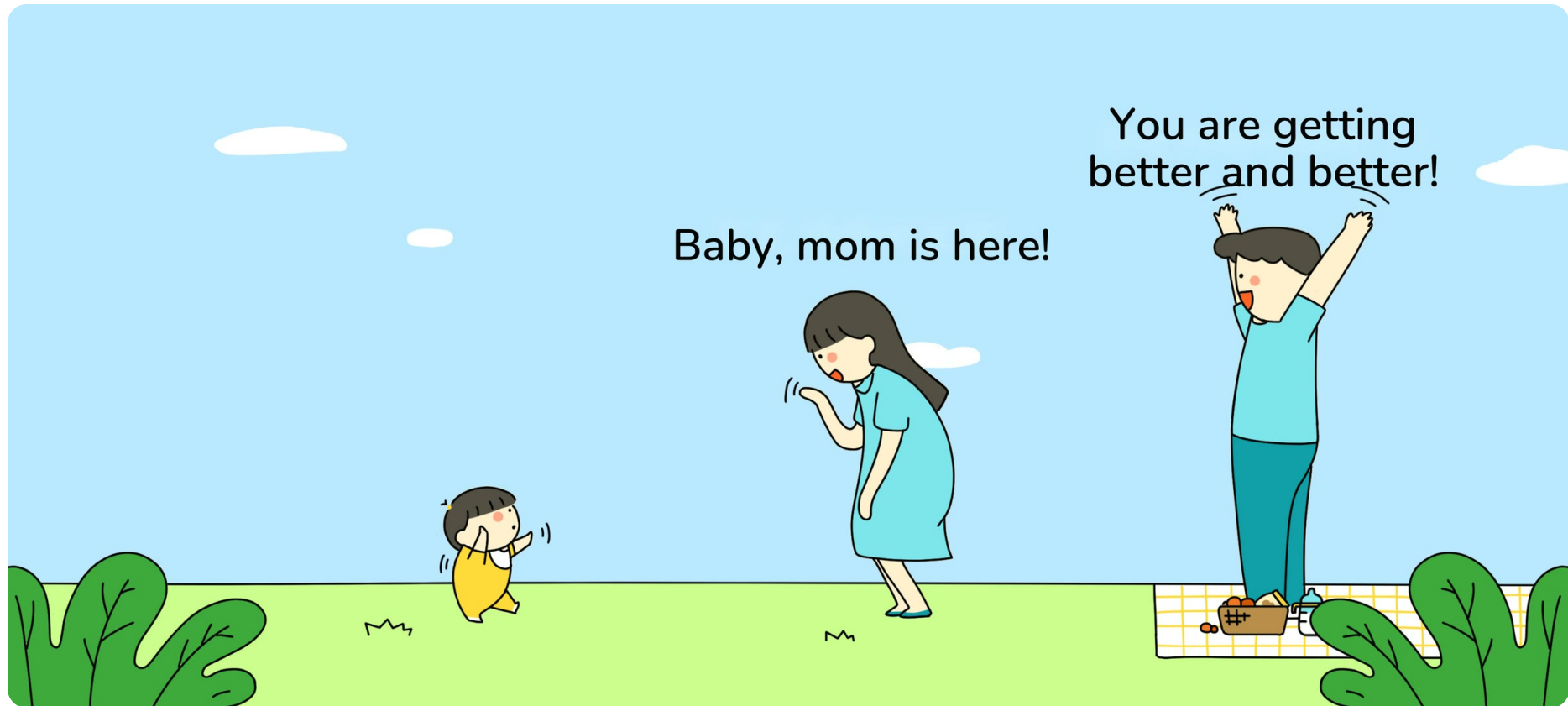
What You'll Need



Picnic blanket

What You'll Need

1. A picnic blanket



Start the Relay

Place your baby at the starting point. Mom stands at the first stop, smiling and reaching out, while Dad encourages from the finish. Invite your baby to walk the first short section toward Mom.

Observations

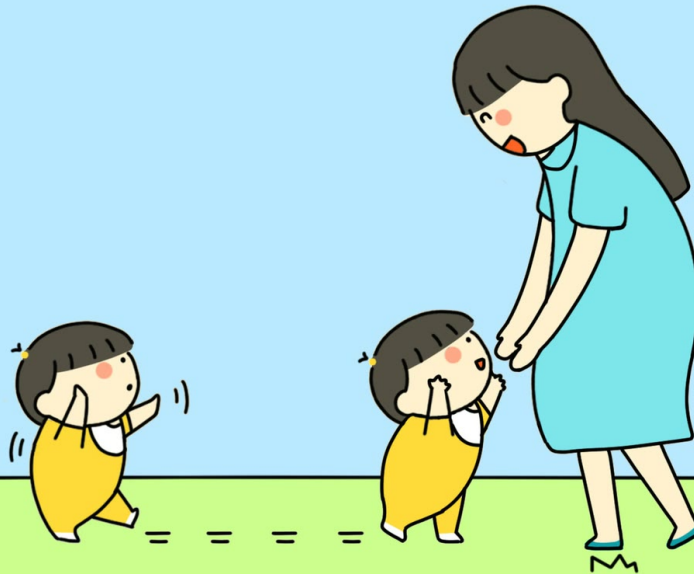
- ☐ Takes several steps from the starting point toward you
- ☐ Moves toward you when they see you waiting ahead

Tips

- Mom can softly call your baby's name or use an animated gesture to make the destination inviting.
- For a new walker, keep each section within the number of steps they can usually manage without support.



Tired from walking?
Come rest with Mom.



Dad is waiting right
here.



Rest at Mom's Stop

As your baby approaches, Mom bends and opens her arms while slowly taking one small step back, inviting a few extra steps. If your baby looks tired or begins to lose balance, she catches and welcomes them for a short rest.

Observations

- Reaches toward you for support as they approach
- Keeps walking toward you even while wobbling

Tips

- Mom can move backward at your baby's pace while watching how steady each step remains.
- Seeing Dad waiting ahead may renew your baby's motivation after the first stop.



Finish at Dad's Stop

After the rest, invite your baby to walk toward Dad at the next stop. He can sit on the picnic blanket with a familiar snack or bottle. When your baby arrives, respond together to the effort they made.

Observations

- Continues walking independently toward Dad
- Shows happiness after walking the full distance

Tips

- Let a slow walker set the pace and wait patiently.
- At the finish, let your baby sit, have the prepared snack or drink, and relax.
- As walking becomes steadier, move from a flat surface to one with a slight, manageable change in slope.