



Pull, Pull, Pull!

Pull together and discover who - or what - moves first.

Helps Your Child Grow



Gross Motor

Pulling a rope with you engages your child's arms, shoulders, and legs while they practice stability and sustained effort.



Sense of Identity and Belonging

Taking on a playful physical challenge, celebrating a win, and trying again gives your child experience feeling capable and persisting in play.

Steps

- Remember playing tug-of-war as a child? Take this simple favorite outdoors with your child.
- Choose a soft, sturdy rope. Stand facing your child and each hold one end. Ask another caregiver to be the referee. At the signal, pull backward and see who brings the other player across first.
- The first time, ease up a little so your child can experience a win and enjoy the game.
- Once the rules are familiar, play a best-of-three match and add a little more resistance.
- Feeling you pull may motivate your child to grip tighter and keep trying.
- Let your child win sometimes, and win a round yourself sometimes, so the challenge stays playful and worth returning to.

Tips

- Help your child keep both feet planted and lean back slightly as they pull so they can coordinate the effort through their whole body.
- If other children want to join, make small teams with similar strength and turn the game into a group challenge.

Observations

- Keeps holding the rope and pulls back when they feel themselves being drawn forward
- Shows happiness after winning a round