



In-Sync Partners

Link your legs and work together to stay in step.

Helps Your Child Grow



Relationships with Adults

Walking in step with a partner gives your child practice expressing an idea, listening to someone else, and adjusting together to solve a shared problem.

Steps

- Try a cooperative movement game, such as a three-legged walk, to help your child practice working with a partner.
- If the two partners move at different speeds, encourage your child to say how it feels: “That’s too fast for me,” or “Can we go a little faster?”
- Then choose a way to move together. You might chant a simple beat and step in the same rhythm.
- It is normal to stumble while learning. Instead of blaming each other, pause, adjust, and try a new approach.
- As the partners coordinate more easily, gradually move faster or set a new shared challenge.
- If you play alongside another pair, keep the focus on cooperation and having fun rather than winning.

Tips

- You and your child may prefer different approaches - for example, they want to go faster while you want to slow down. Acknowledge the difference: “Your idea is different from mine. Let’s try both and see what works.” Cooperation means adjusting together, not one person always deciding.

Observations

- Works with their partner to find a solution when their steps do not match
- Coordinates their movements with a partner’s steps during the game