



Balance Along a Curb

A curb becomes a small balance challenge with a new record each time.

Helps Your Child Grow



Gross Motor

Walking along a curb and adjusting their posture gives your child practice controlling large muscles, coordinating movements, and maintaining balance.



Cognitive Self-Regulation (Executive Functioning)

Returning to the starting point after stepping off gives your child practice persisting through a manageable challenge.

Steps

- Waiting outside with your child can feel long. Invite them to try a classic curb-balancing game.
- Walk along the curb first. Sway a little as if you are on a balance beam so your child can see the challenge and join in.
- At first, they may lose their balance after a few steps. Show them how to stretch out their arms, or let them hold your hand while they discover how to stay steady.
- Once your child can travel a short distance, invite them to experiment with their pace. Do slow steps or slightly faster steps make balancing easier?
- Next, choose a fixed starting point. Each time your child steps off, place a small stone beside that spot. Begin again and see whether they can travel farther on the next turn.

Tips

- Divide the route into small goals: “First walk to that brick. Next, walk to the tree.” Reaching one nearby point at a time can make the challenge feel manageable and build confidence.
- Stay beside your child and be ready to protect them while they walk along the curb. Support them immediately if they lose their balance.

Observations

- Walks a short distance along the curb
- Steps back onto the curb and tries again after losing balance