Better Parenting

Toy Balance Bridge

Balance small toys on a wobbly tape bridge without letting them fall.

Helps Your Child Grow



Gross Motor

Watching a toy wobble and adjusting hand position and pressure to steady it gives your child practice using visual feedback to control a precise movement.



Cognitive Self-Regulation (Executive Functioning)

When a toy repeatedly falls, changing the placement and trying again gives your child practice persisting with a difficult task.

Steps

- Stretch a strip of wide tape, sticky side down, between two pieces of furniture at similar heights. Keep it below your child's shoulder level so they can reach it easily.
- Place a small toy person, car, or animal on the tape and deliberately let it topple. Ask your child to help make the toy stand on the bridge.
- The long strip will move under the toy. Your child needs to watch the wobble and adjust the pressure and position of their hand before letting go.
- If repeated falls become frustrating, suggest, "Hold it steady first, then let go slowly."
- Once the challenge is familiar, add a second tape bridge and see who can balance more toys.

Tips

- After a toy stands, celebrate and name what worked: "Slowly" or "Gently." Then try adding one more toy.
- A shorter span of tape is steadier and easier. Begin with the furniture close together, then increase the distance for a harder bridge.

Observations

- ○ Adjusts their hand movement until a toy stands steadily on the tape
- ○ Tries again after the toy falls