



A Flower for Mom

Walk a few steps to deliver a special flower to Mom.

Helps Your Child Grow



Gross Motor

Carrying a flower toward Mom gives your baby purposeful practice taking steps, maintaining balance, and moving from supported walking toward a short independent walk.



Cognitive Self-Regulation (Executive Functioning)

With support when they wobble, your baby can keep trying to step toward Mom and build confidence through repeated attempts.

Steps

- As your child moves from cruising along furniture to taking a few independent steps, turn the practice into a small Mother's Day surprise.
- Choose a flower Mom likes and have her sit on the couch a short distance away - close enough to feel achievable, but far enough for a few steps.
- Place the flower in your child's hand while Dad helps them get steady. Mom can call your child's name and invite them to come closer.
- Hearing Mom may motivate your child to step forward. Even one or two independent steps are worth noticing.
- Dad should stay beside your child throughout. If they wobble or pause, offer light support, let them regain balance, and continue when they are ready.
- When your child delivers the flower, welcome them with a big hug and celebrate the sweet finish.

Tips

- If the first distance feels difficult, move Mom closer. A short, successful walk can build confidence for another try.

Observations

- ☐ Takes several steps toward Mom after hearing her call
- ☐ Continues walking after losing balance and being steadied