



Little Courier



Little Delivery Helper

Invite your child to make three home deliveries. Changing the size and weight of each package encourages them to change how they hold, carry, or push it to its destination.

Helps Your Child Grow



Perception

Carrying packages of different sizes and weights gives your child practice sensing what each object requires and adjusting their posture or method.



Relationships with Adults

A caregiver's warm welcome and encouragement at each destination can make your child feel supported and eager to complete another delivery.



What You'll Need



Wallet



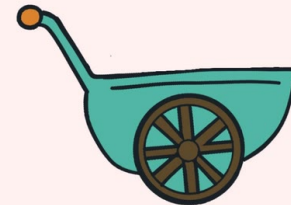
Tissue Rolls



Drinks



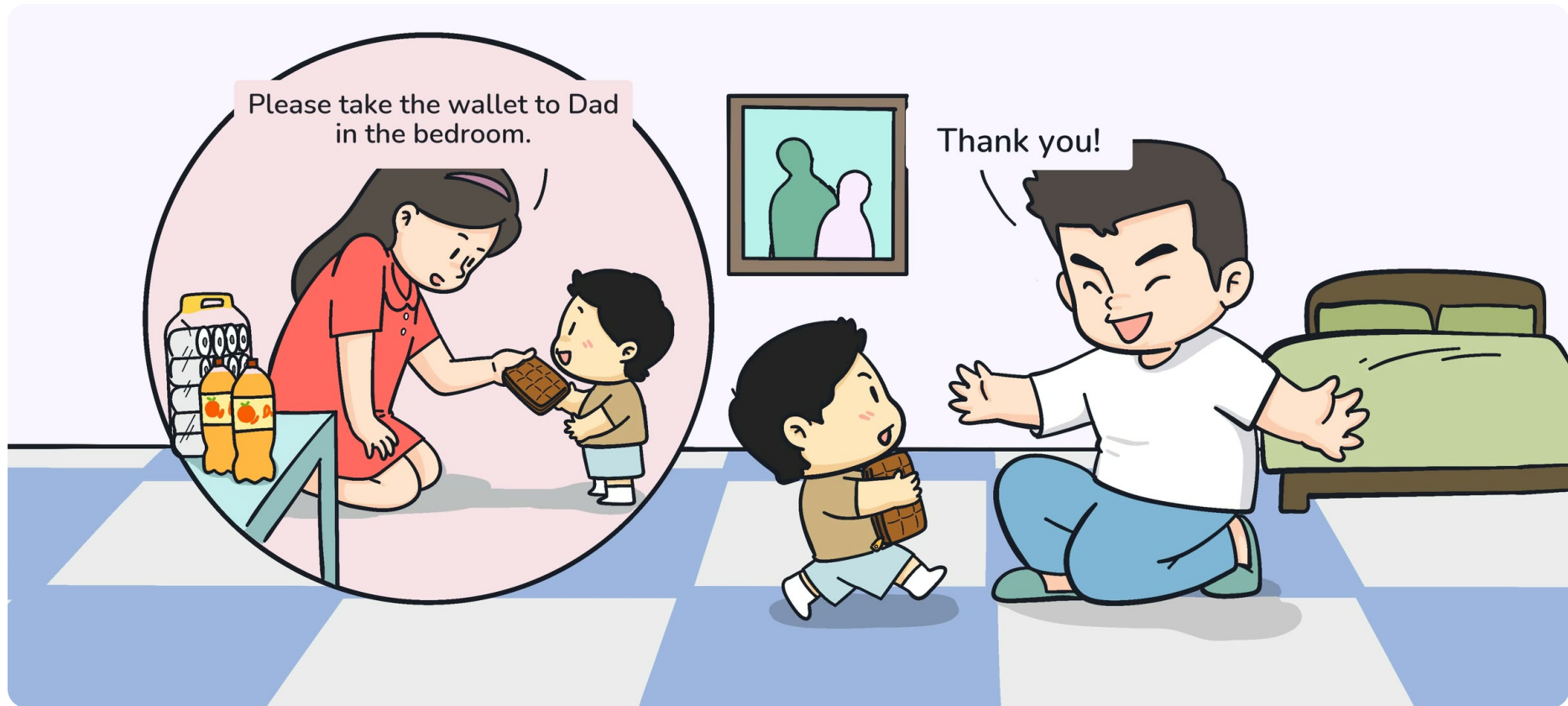
Plastic Bag



Toy Cart

What You'll Need

1. Wallet or another small, light object
2. multipack of tissues or another somewhat heavy object
3. two large 2-liter bottles or another very heavy load
4. large shopping bag and a sturdy push toy or toy cart



Deliver a Light Package

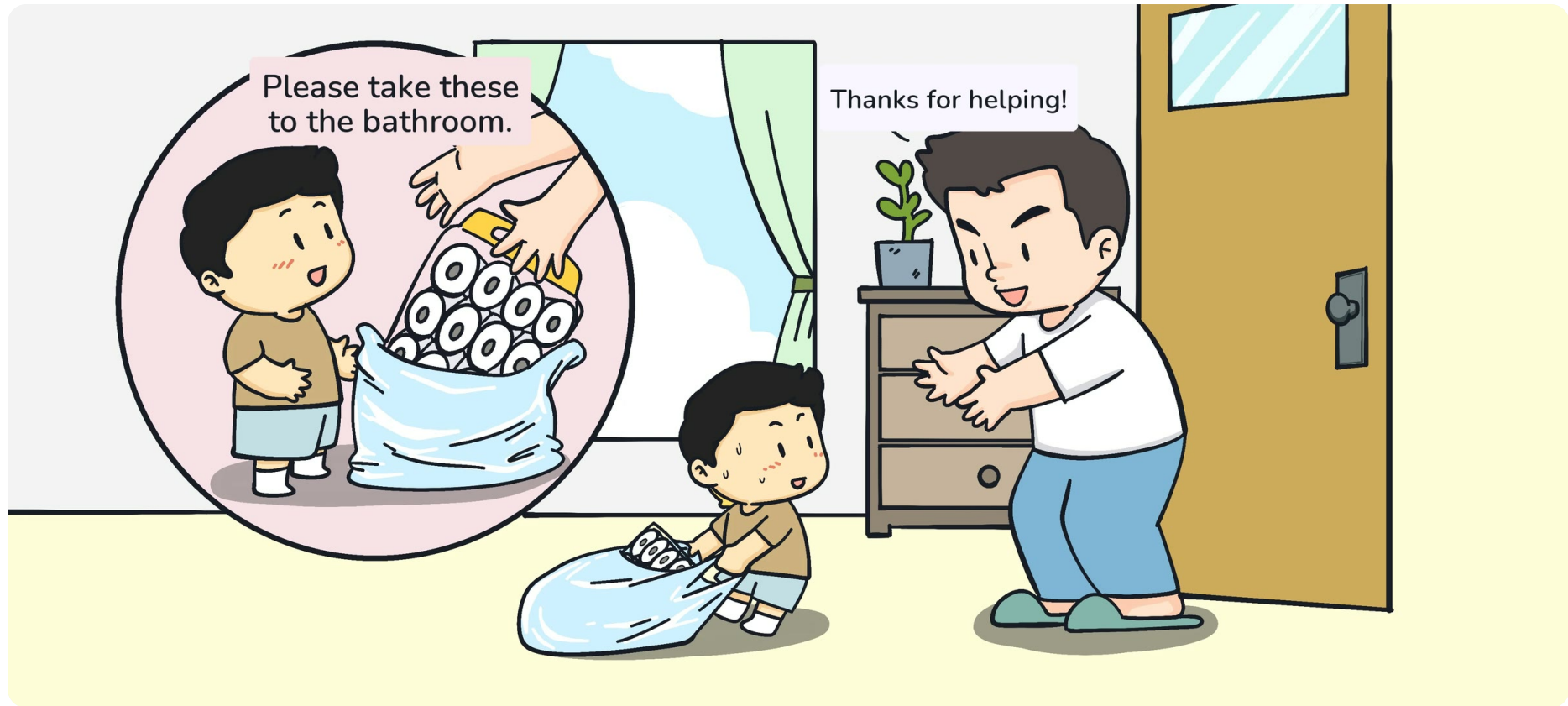
Invite your child to be the delivery helper. Begin with the lightest object and ask them to carry the package to a caregiver in another room. When the delivery arrives, welcome your child with open arms and a big hug.

Observations

- Carries an object to the place you named
- Looks toward the receiving caregiver happily after handing over a package

Tips

- Adapt the roles to your family. Any familiar caregiver can send or receive the deliveries.
- A small, light object may not require a new strategy. Notice how your child carries it in their usual walking posture.



Deliver a Bulky Package

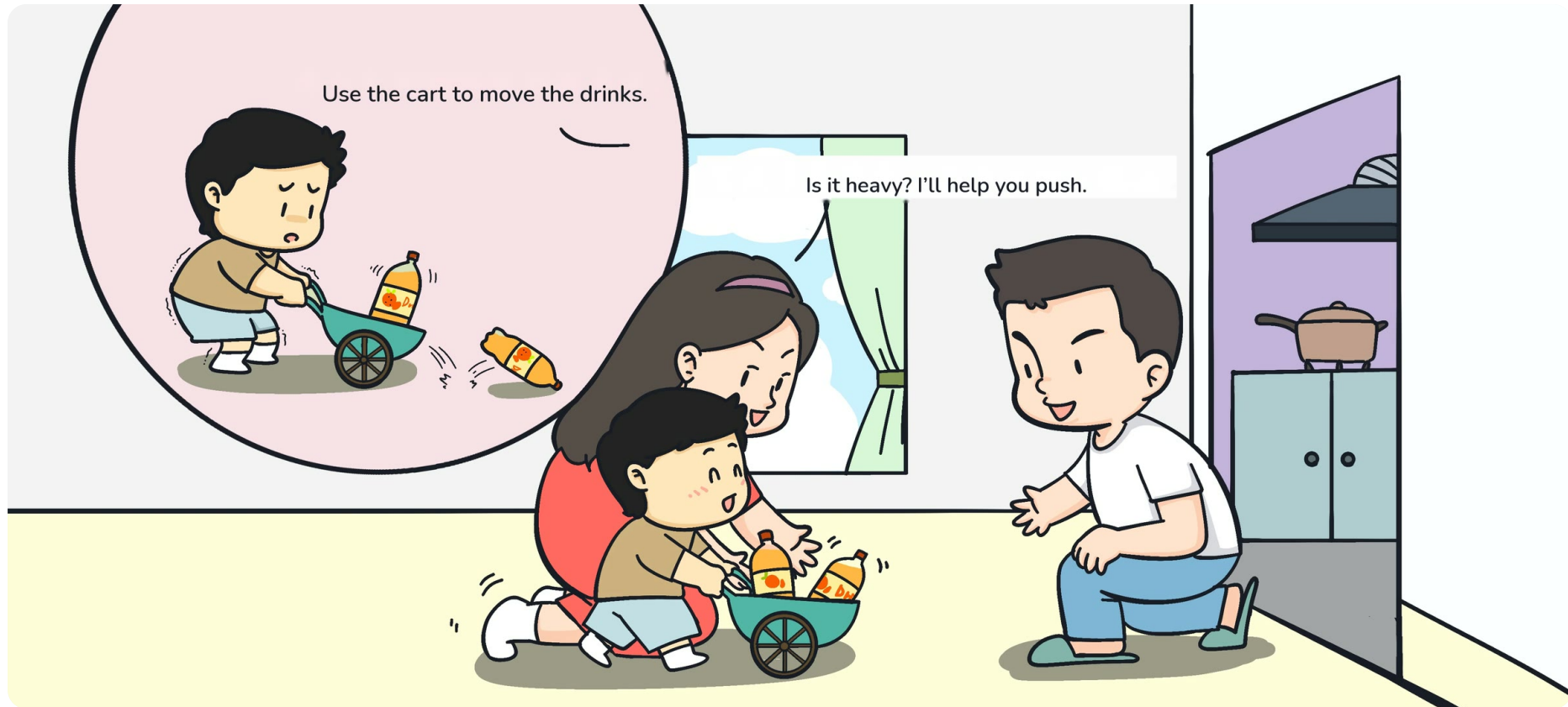
Put a larger object in the shopping bag and ask for another delivery. Your child may drag the bag or try carrying it over an arm like an adult. The receiving caregiver can wait at the destination and cheer as the package arrives.

Observations

- Changes how they carry the bag based on its weight
- Walks toward the caregiver with renewed effort after hearing encouragement

Tips

- Keep the delivery path clear of objects that could cause a fall.
- If the current method makes moving difficult, suggest trying another way to hold or pull the bag.



Deliver a Heavy Package

For a load your child cannot carry, place it in the push toy or cart. Invite them to push the delivery instead. If the cart is hard to control, help adjust their position or push alongside them until the package reaches its destination.

Observations

- Adjusts their posture while trying to push the cart
- Keeps working to deliver an object with your encouragement

Tips

- Steady the cart first, then release your support gradually so your child can try pushing. Join in again if the load remains difficult.
- Your child may lower their body or change position to balance a heavier load. If it is beyond what they can manage, step in and help.