



# One Leg Standing Balance And Climbing Stairs

## What are some fun ways to help my child learn to climb stairs?

Once your child has learned to stand on one leg, he can progress to stair climbing. You can help your child improve his standing balance by holding one hand and having him lift his opposite leg. Hold the position and count to ten together. Repeat ten times for each leg.



Place a small bench in front of him to practice a single step. Provide secure support until he is able to go up and down one step by himself. This exercise will help build strength for climbing stairs.





Your child may need a little help learning to shift his weight when first learning to climb stairs. Help him by placing your hands on his hips and gently lifting his hip as he steps up.



Soon he will be strong enough to go up and down by himself while holding the rail. Mature stair stepping involves alternately leading with the left or right foot.

Have fun with your child; keep the balance and climbing sessions short and frequent. Several minutes each session, several times a day is helpful for building strength. Your child will let you know if he is tired or unhappy.

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult your doctor.

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Rehabilitation / Physical Therapy Department.