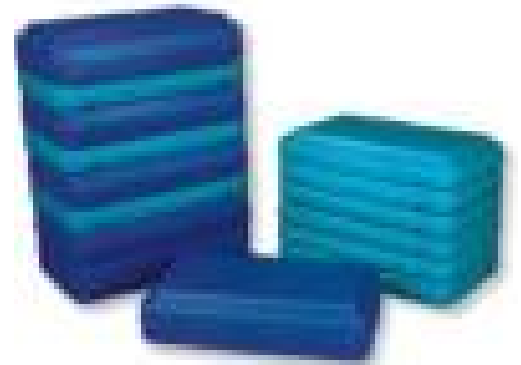




Ideas To Share



Step Up to Independence



Are you done with your step aerobics classes? This step may be the perfect tool to give your child a little more independence. Exercise steps are usually an easy height for children to negotiate and they often have "non-skid" surfaces. Try putting the step next to the bed to help your child get into the bed by themselves. You may find lots of places that the step gives your child just the help they need to be a little more independent!

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These ideas have been submitted by early intervention providers across the country and do not necessarily reflect the views of the TnT Research Institute and no official endorsement should be inferred.