

Couch Climb Challenge

Inspired by: Climber

Recommended Age: 24–36 months

How this supports your child’s development:

- **Gross Motor** (climbing, balancing, crawling)
- **Executive Function** (making choices, planning actions)
- **Body Awareness** (learning spatial limits and movement control)
- **Problem-Solving** (figuring out how to get up/down)

At-Home Setup & Instructions:

Use couch cushions, a low ottoman, or a folded blanket to create a small “mountain” or series of levels on the floor. Let your toddler climb, crawl, and step across. Add a challenge by asking them to bring a stuffed animal from one end to the other, or to climb and “rescue” a toy at the top.

Parent Tip:

Support safe risk-taking by staying close and watching carefully, but without directing too much. Say, “You figured out how to climb over it!” or “That looked tricky, you tried a new way!” This builds confidence and persistence.