

DO THIS AT HOME
Walking on My Knees for You

Try this activity at home to show your child that his perspective is important to you, and that you care about making his play area safe and secure.

What Your Child Will Learn

By taking the time to walk on your knees through your child's world, you show him that his perspective is important to you. By asking questions about what he likes and would like to change about his living spaces you show him that you care about his opinions.

Materials Needed

none

What to Do

NOTE: This activity is fun to try when you know a younger child or baby will be visiting your home. Involving your child in "baby-proofing" will help him feel responsible and prepared.

- ▶ Tell your child that you are going to pretend to be his size for a few minutes. Ask him to guide you around his play area while you ask questions like:

"Can you reach everything you want?" (You can ask this, but sometimes the things he may want to touch are out of his reach for safety reasons.)

"Are there things at your eye level and within your reach that maybe should be for a grownup's hands only?"

"What do you like about this space?"

"What would you like to change?"

- ▶ Keep in mind that some of the suggestions from your child may not be possible, but it is still nice to ask for his input as you figure out what adaptations might need to be made.
- ▶ Do a safety check, making sure to move anything potentially dangerous to a safer place.
- ▶ After you walk through your child's play space at his eye level, tell him what you saw and learned. Discuss how fun it was to see your child's world from this perspective!

*You can download this activity and the other at-home activities in this book at www.centerforresilientchildren.org/SSES.