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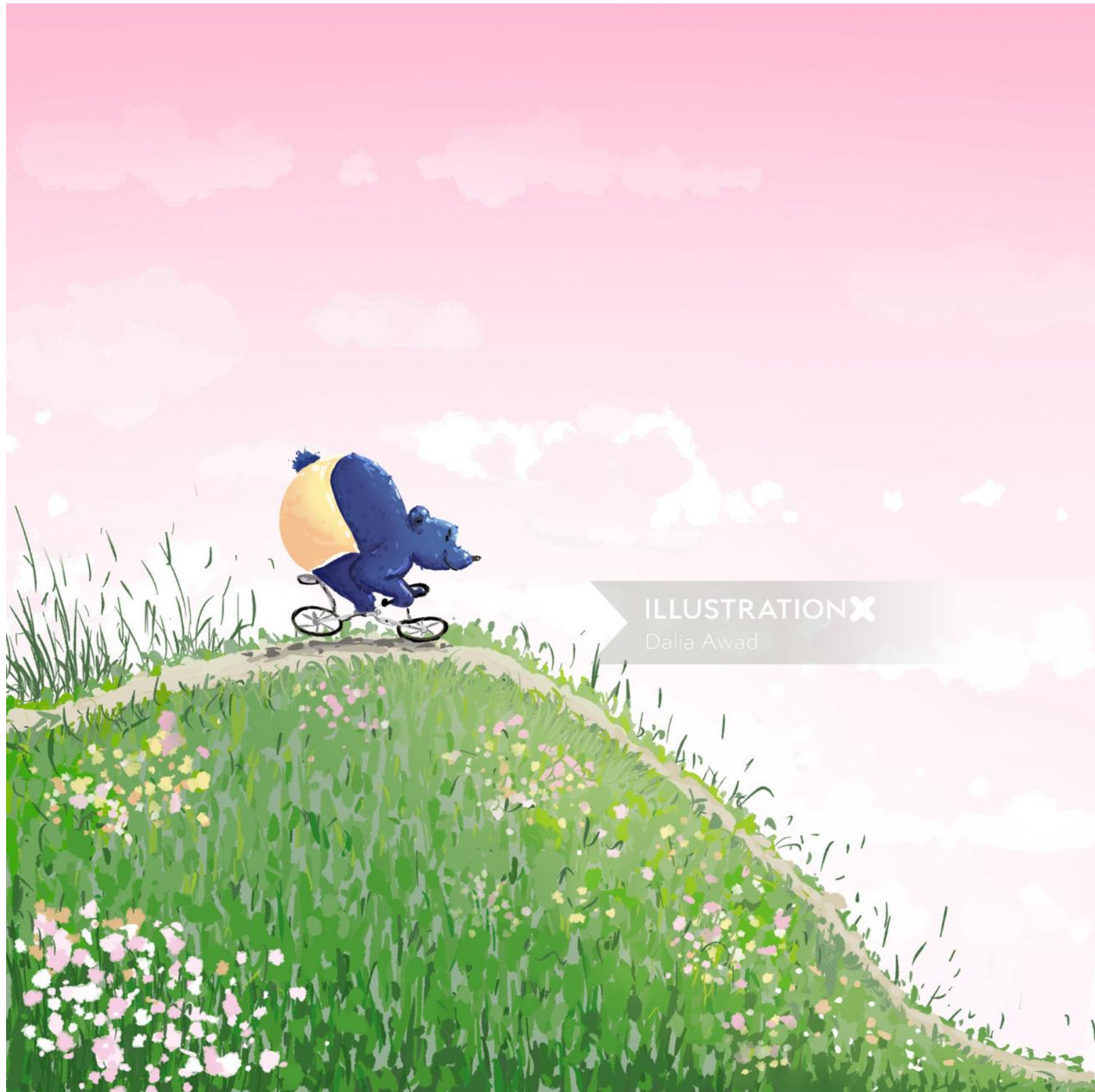
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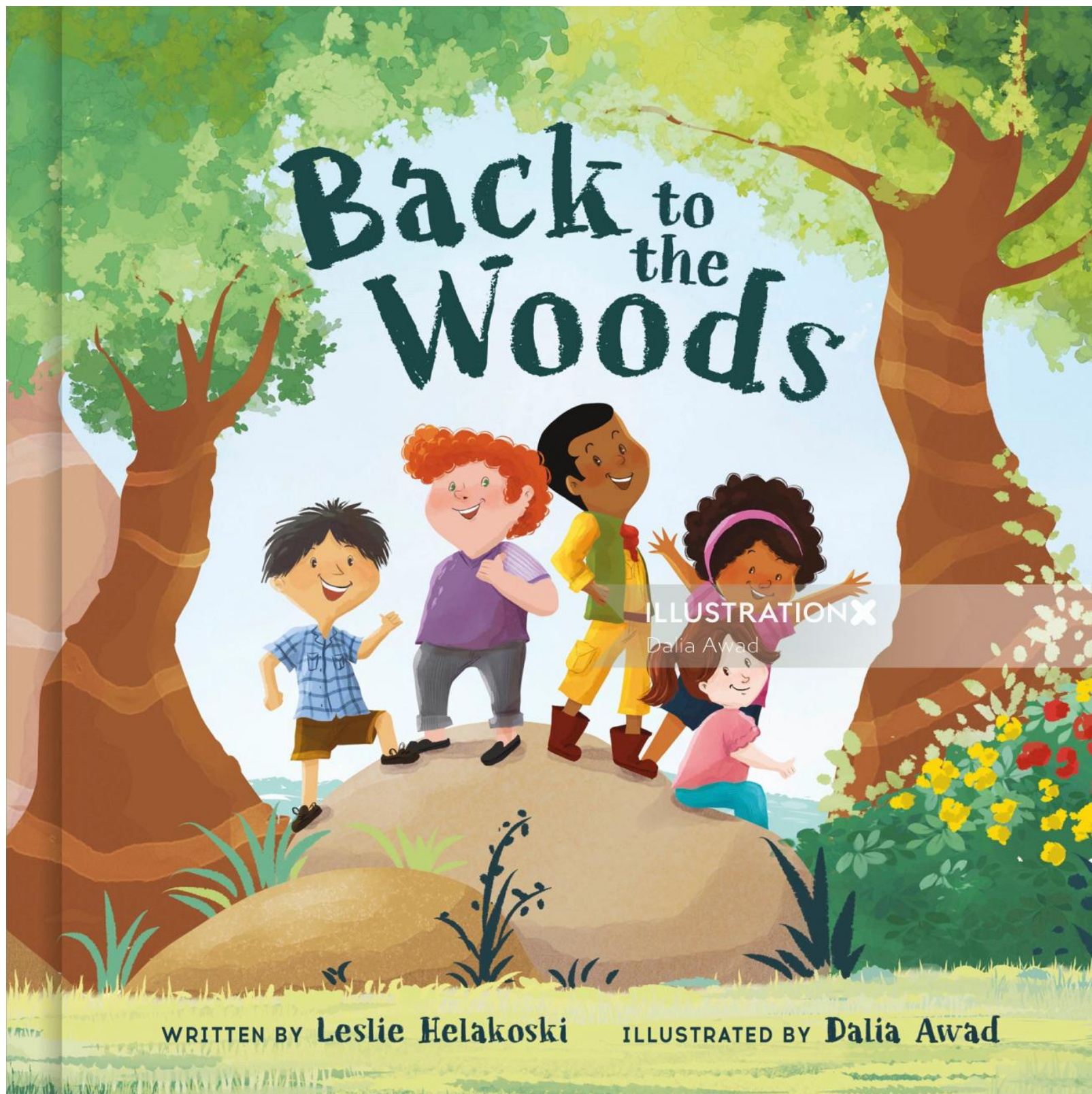
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CLIMBERS / HACKS & FACTS

staircase safety

When our first son was little, he tried to descend the stairs on his forearms, face first. We taught him to come down backward, feet first and on his belly. We helped him to move his hands down a step and then to move his knees down a step. We'd say "hand, hand, knee, knee" and touch or move his hands and knees as we spoke to show him how it worked.

—Carol Bradfield

climbing corner

My husband and I created a climbing corner. We got a plastic climbing gym with a slide, and then surrounded it with a soft mat and lots of pillows. We encouraged our son to climb the gym and pointed out what kept him safe while climbing. For example, "You're holding on with two hands while climbing!" Anytime he wanted to climb other areas of the house, we redirected him to this climbing space so his need for activity could be met but in a safe and controlled area.

—Autumn Shaffer

soft stairs

I taught my kids to safely climb stairs on our carpeted staircase. I also set up couch cushions in a stair-step structure so that they could experiment with going up and down on a safe, soft surface.

—Elizabeth James

Children **9 months to 3 years** of age fracture their tibia (large bone in lower leg) so often the injury received a medical name in 1964: toddler's fracture.

source: Journal of the American Medical Association



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Some babies find the lure of heights irresistible,

and they will startle you with their ability to scale low-level furniture, stairs or even combinations of pillows and stuffed animals to explore the upper atmosphere of a room. A few climbers will carry out remarkable acts of problem-solving in their efforts to gain increased elevation. Unfortunately, their interest in heights will not be matched by an appreciation of the discomfort caused by a fall.

source: Focus on the Family Complete Guide to Baby & Child Care, 2001

JUNE / JULY 2022 FOCUS ON THE FAMILY 7

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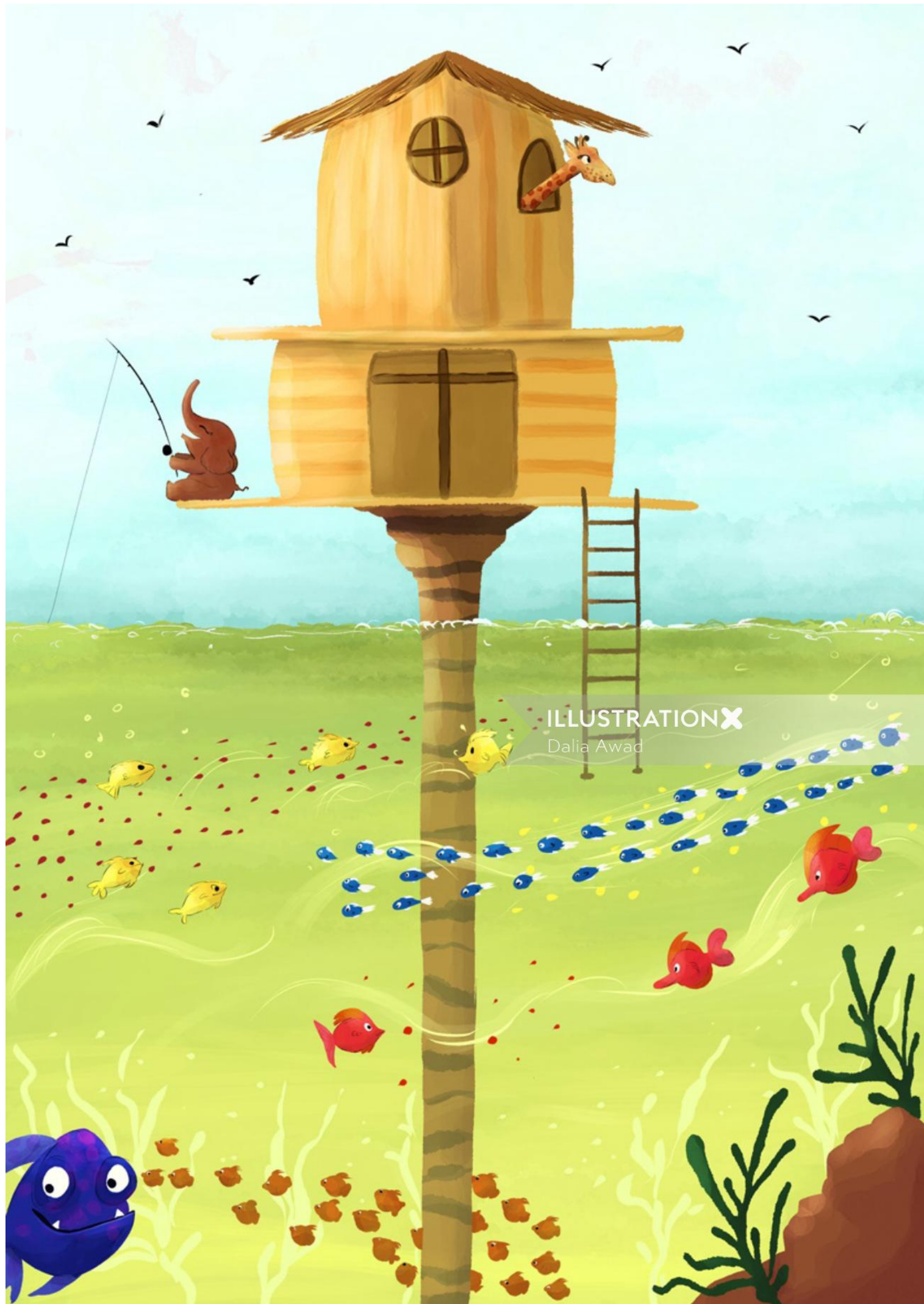
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