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ENRICHING CHILDREN'S LIVES

## **SKILL: STAIRS**

### ■ **Emerging Stairs ( ~ 24 – 27 months)**

Your child walks up and down stairs alone. They may hold the rail with one or two hands. They negotiate stairs one foot at a time.

Tips:

- try encouraging alternating feet when walking up stairs (with a rail)
- cut out feet or stickers placed alternately on the steps
- encourage frequent use of stairs

### ■ **Developing Stairs (~ 3 ½ to 4 years)**

Your child is alternating the feet while holding onto a rail. At other times, your child may let go of the rail but revert back to a non-alternating

Tips:

- encourage alternating feet when descending stairs if not yet mastered, beginning on the last few steps for safety
- place an object in each hand to prevent holding onto the railing
- try encouraging removing the hand within the last few steps of the flight of stairs to start
- use verbal, physical cues, or footprint cutouts
- always supervise when practicing!

### ■ **Mature Stairs ( ~ 4 to 4 ½ years)**

Your child is now alternating feet when ascending and descending stairs, without the need for a rail.