

Cumbria County Council

What can I do today?



This week it is... pegs

Wednesday

Hang out your washing!

- Lift your child to reach your washing line or make them their own washing line with string tied to sturdy objects.
- Give your child small items of clothing to hang up or use dolls clothes.
- To start with they may need help to hold the clothes in place and manipulate the peg. Gradually they will be able to use the peg one handed. Can they try their other hand? Which hand do they like using the best?
- You could try hanging the washing line higher up so your child has to reach and stretch to peg out their washing. This is great for developing shoulder muscles!