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play tips!

3+



Develops:

- Balance & Coordination
- Strength
- Gross Motor Skills
- Active Play



The Montessori Approach

Encourage your child to stand in the center of the board, with their feet close together or a bit wider depending on their comfort level, guide them to shift their weight from side to side. This not only develops their balance and coordination, but also their body awareness as they keep their position on the board.

Tip: Give your child the opportunity to explore the board and allow them some time to practice the necessary skills to stay on the board independently. This open-ended exploration and play fosters imagination.



Practice Playfully

Hold that pose!

Once your child is ready for a challenge, encourage them to try a few different poses on the Balance Board. Have them kneel, sit, or lie down while trying to keep their balance in the center of the board.

Level up the play:

Encourage your child to shift their weight side to side in those positions to challenge those balancing skills even more!





All a'board'!

You can encourage your child to get creative and imaginative with their play while using the board. Is it a seesaw for their stuffies? Wait...did the board just become a ramp for their cars? The options are limitless when imaginative play is involved!





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Find out more about the
Fisher-Price Play Lab
and meet our experts.



The AMS Montessori Seal of Excellence is awarded by the American Montessori Society. Products bearing this Seal can be trusted to foster child development in alignment with Montessori principles, reflecting the highest commitment to supporting natural, Montessori-style learning through play and discovery.



Montessori is a comprehensive educational system reliant on five core components, including highly trained and credentialed teachers. Learn more about AMS's standards for Montessori education in a classroom setting and the AMS Seal by visiting **amshq.org/montessori**

And for more play tips, sign up for the AMS Montessori Family Newsletter.



amshq.org/montessori

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