Soft play

You can liven up a rainy day by turning your sitting room into an adventure playground. Let your child clamber over cushion mountains, climb onto the sofa and jump on pillows.

- You could try putting chairs together to make a tunnel, or drape a sheet or blanket over the back of two chairs to make a bridge for your child to go under.

- For more confident movers, you could increase the challenges, such as running around cushions or stepping from one pillowcase to another.

- Put a mattress on the floor for bouncing and rolling on or let your child have fun bouncing on your bed. Supervise carefully to make sure she doesn’t go near the edge.