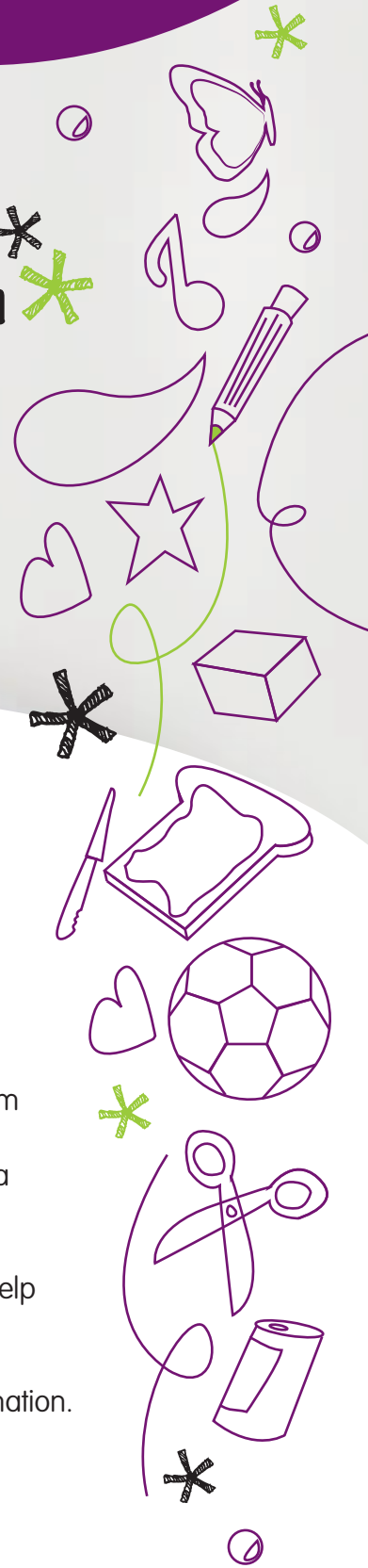


2-3 year olds



* Move with * me



PHYSICAL DEVELOPMENT TIPS

- Provide large pieces of paper to make marks on, or go outside and use chunky chalks on your path or patio.
- When out and about, have fun jumping in puddles and playing marching games.
- Play catching or hitting a balloon or beach ball, or play Simon Says games (if you don't know this game, look it up on the internet).
- Do the actions to Row, Row, Row Your Boat, this will help strengthen your child's arm muscles (if you don't know this rhyme, look it up on YouTube).
- Encourage your child to help you add and stir in ingredients when you're cooking a sauce or making a cake and to spread their own butter on their toast.
- Provide toys to wind-up, bubble wrap to pop, water toys to squirt and raisins to drop into a small container. These actions use the thumb and first finger and will help strengthen your child's pincer grip.
- Introduce containers with screw lids, this will strengthen their wrist muscles.
- Encourage your child to stack, roll and carry food tins, this will support their coordination.
- Use boxes to play posting games.
- Encourage your child to snip play dough or shred paper.
- Encourage your child to wash their dolls face and tummy using an anti-clockwise movement, this will support their writing skills later on.



“what I like”

- Helping with jobs around the house.
- Playing running and ball games outside.

“what I can do”

- Take apart and put together large construction toys.
- Jump on the spot with two feet.
- Walk downstairs.
- Throw a small ball overarm without falling.
- Walk with an adult for more than 15 minutes.
- Turn pages of a book one at a time.
- Draw vertical lines.
- Snip with scissors.
- Feed myself using a fork.
- Drink from an open cup.
- Put on some of my clothes.
- Pour from a small jug.



* Did you know?

Rough and tumble play helps your child to know their own strength and control their body movements.

This leaflet is from a series of seven, each leaflet covers a different age range, from birth to four years plus. Children develop at their own rates and in their own ways. The ages are suggestions of typical ranges of development. If you have any concerns about your child's physical development, speak to your GP, health visitor, or someone at your Sure Start Children's Centre.

You can find all the leaflets and links to other useful websites online at

www.surreycc.gov.uk/earlylearning 

