



Help me move and play When I am 18 months to 2 years old



Your child should be:

- able to walk independently
- starting to walk upstairs holding an adults hand
- starting to balance items such as blocks to build a tower
- starting to use both hands in front of them to handle objects
- starting to push and pull along large toys or boxes
- starting to kneel upright
- starting to bend their knees to pick up a toy
- starting to pick objects up using thumb and one finger
- starting to assist with dressing and undressing

Physical Activity guidelines

Your child should be active from morning to night time.

Even though your child may not be walking they need to be active every day from playing on the floor to splashing in the bath. Children who can walk unsupported should be active for at least 180 minutes every day.

You can help your child to stay active by limiting the time they spend in a car seat, buggy or high chair and ensure that you dress them in clothes that they can move freely in. It is always best to make sure that the TV is switched off when playing and eating together. Think about how often you may be using your mobile or watching television as your child learns from and likes to copy what you do.

Helpful hints

I enjoy games and songs that involve actions using my whole body

Give me a bucket to put interesting things in when I am digging in the mud e.g. twigs, leaves, stones

Let me try walking up and down different steps whilst holding your hand

Share a book with me and let me lift the flaps



Ball games where I can kick, roll and throw will help me with my strength, balance and co-ordination

I like to try and have my water or milk in an open cup

Toys I can ride on help me to develop strength in my legs

Help me to practice dressing myself, let me try some easier bits first e.g. hats, scarfs, shoes

These ideas will help you and your child to enjoy play together; supporting their communication and social skills. They will help your child to strengthen their muscles, develop balance and co-ordination, and learn to move on their own. Being active is vital for your child's healthy brain development, and will also help your child to stay at a healthy weight. Being active with your child helps to set up good habits to support you both in developing a healthy lifestyle.

Having fun and staying safe:

Your child needs to play safely; always keep a watchful eye and do not leave them unattended.

Keep small objects out of reach as your child could choke on them.

When exploring foods with your child, please remember to cut into small pieces.

Now that your child is exploring more you need to be aware of the risks within your home. Such as hot drinks, hair straighteners, kettles, pans, cleaning products, medicines, e-cigarettes and refills, cigarettes, windows, blind cords.

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