



Help me move and play When I am 2-3 years old



Your child should be:

- able to use both hands in front of them to handle objects
- able to balance when bending down to pick up an object
- able to kick a large ball
- able to turn pages in a book, sometimes several at once
- starting to move in a range of ways including walking running jumping sliding
- starting to climb using both hands and feet
- starting to have more control when using different tools e.g. pouring water from a jug, making marks with a paintbrush
- starting to use three fingers to hold crayons, chunky chalks and paint brushes
- starting to walk up and down stairs more independently
- starting to use one handed tools such as knives, forks, scissors, hammers

Physical Activity guidelines

Your child should be active from morning to night time.

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 sitting down or not moving e.g. in a car seat or buggy. 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

Teach me how to throw and catch items such as bean bags

I like being adventurous with you at the playground where I can climb, spin, slide and move in different ways

Chasing after bubbles and trying to pop them is fun

Find a large space for me to practice balancing and moving on a ride on, push along toy or balance bike



I like it when you let me walk e.g. to Nursery, in the supermarket

Let me draw and paint outside using chunky chalks, brushes and water

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Dance with me to music, moving our bodies in different ways

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 make sure a grown up is keeping a watchful eye and do not leave them unattended.

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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