

MAKE **PHYSICAL PLAY** PART OF **EVERY DAY!**

Children need **LOTS** of time to move their bodies! Movement helps children develop their motor skills, which are important to all other areas of development—language, cognition, social, emotional, and adaptive skills. Children need encouragement, instruction, and opportunity to develop their motor skills; help support this by practicing the following.



Be intentional about teaching your kids how to move.

Movement skills don't always naturally develop. Try purposefully including the following active movements in your play time with your children:

UPTO 1 YEAR OLD – Stretching, patting, grasping, releasing, creeping, crawling

1 TO 2 YEARS OLD – Clapping, grabbing, squeezing, pressing, stamping, pushing, pulling, jumping

2 TO 3 YEARS OLD – Twisting, balancing, waddling, climbing, marching, rolling, sliding, turning

3 TO 4 YEARS OLD – Hopping, tossing, galloping, jumping, slithering, darting, bouncing, trudging

4 TO 5 YEARS OLD – Tumbling, running, galloping, prancing, skipping, throwing, catching, tip-toeing, bending, stretching, collapsing, sneaking, balancing, trotting, kicking, batting

Choose toys that promote movement.

Depending on the age of your child, there are different toys to consider.

UPTO 1 YEAR OLD – Floor mirrors, crib gyms, snap lock beads, push and pull toys, low climbing platforms

1 TO 2 YEARS OLD – Activity tables, bean bags, tunnels, large balls, ride on toys (no pedals)

2 TO 3 YEARS OLD – Wagon/wheelbarrow, spinning seat, hopper balls, rocking horse

3 TO 4 YEARS OLD – Foam flying disks, soft baseball and bat, adult-like push toy (lawnmower, vacuum, etc.), double blade ice skates, ribbon wands

4 TO 5 YEARS OLD – Climbing ropes, kite, jump rope, Velcro catching mitt, junior size sports equipment (soccer ball, football, batting tee, etc.)

Make your family time active by:

- Scheduling active family play into your routine.
- Playing active games together (Twister, red light/green light, Simon says, charades, tag).
- Acting out favorite stories.
- Going on a walk or hike together.
- Setting up an obstacle course in the house or garage.
- Dancing to music.



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Adapted from the New Hampshire Department of Health and Human Services Physical Play Every Day! pamphlets.