

Ideas to support children's Physical Development and Health and Self-Care

Fine Motor skills

- Introduce and encourage children to use the vocabulary of manipulation, e.g. 'squeeze' and 'prod.' Playdough is a fantastic resource and children can explore manipulating it using their fingers or simple tools.
- Explain why safety is an important factor in handling tools, equipment and materials, and have sensible rules for everybody to follow. Children enjoy getting involved and might like to help, where appropriate. For example, using a blunt knife to spread butter or chop up food or mixing ingredients.
- Giving children sufficient time to practice skills such as getting dressed or undressed. At times, this can be difficult, especially when you are in a rush but allowing extra time will help children become more independent in managing their own needs. Practising these skills at other more relaxed times of the day will help children master such tasks. They can practice dressing toys or dolls or exploring dressing up clothes to make learning these skills fun and enjoyable.



Gross Motor skills

- Talk with children about the need to match their actions to the space they are in.
- Encourage children to use the vocabulary of movement, e.g. 'gallop', 'slither' and of instruction e.g. 'follow', 'lead' and 'copy'.
- Encourage children to move with controlled effort, and use associated vocabulary such as 'strong', 'firm', 'gentle', 'heavy', 'stretch', 'reach', 'tense' and 'floppy'.
- Pose challenging questions such as 'Can you crawl around the garden or living room without your knees touching the ground?'



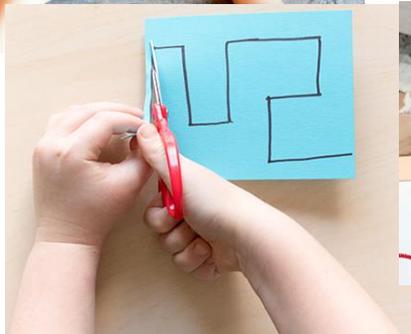
Health and Self-Care

- Talk with children about the importance of hand-washing. There are lots of songs online to support them and experiments you can use to teach them about germs and staying clean.
- Help children who are struggling with self-care by leaving a last small step for them to complete. For example, letting them do the last button on their coat, loosening a bottle lid so they can twist it themselves and remove the cap.
- Promote health awareness by talking with children about exercise, its effect on their bodies and the positive contribution it can make to their health.
- Acknowledge and encourage children's efforts to manage their personal needs, and to use and return resources appropriately. For example, when they are attempting to tidy or organise something, praise their efforts, even if the finished product might not look as tidy or organised as you would like!





Fine Motor Skills



Simple ideas which your child might enjoy



Gross Motor Skills



Health and Self-Care

