

2-3 year olds

“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.



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.

