



Physical  
Health and  
Development

## DOES YOUR CHILD:

Child's Name \_\_\_\_\_

Hold his/her head steady?

☐

Often

☐

Sometimes

☐

Not Yet

Anticipate or accept being fed or held?

☐

Often

☐

Sometimes

☐

Not Yet



Clip and return to school.

Clip and Save.

### Touch your baby

Rubbing your child's arms, legs, and stomach can help increase their awareness of body parts and encourages movement. Calm, gentle touches also help build your relationship with your child. Watch for your child's reactions and respond if they seem fussy or uncomfortable.

### Allow your child time on their back and tummy

Allow your child time to lie on their back and time to be on their tummy. Your baby might have a strong preference, but different positions help build different muscles. Help your baby to feel safe and secure in different positions by interacting with them and soothing them.

### Provide interesting things for your child to see or hear

A baby's movements are often a response to something they have heard or seen. Provide things to look at, noises to react to, and things to swipe to encourage your child's physical development. Moving an object can encourage your child to move their head. Placing an object in their hand might cause them to bring it to their mouth.



Connecticut Office  
of Early Childhood