



Physical
Health and
Development



DOES YOUR CHILD:

Child's Name _____

Explore different positions and movements? (e.g. scooting, sitting, rolling, rocking on hands and knees)

☐ Often ☐ Sometimes ☐ Not Yet

Bring objects to his/her mouth?

☐ Often ☐ Sometimes ☐ Not Yet

Participate in daily routines? (e.g. holds cup, holds and chews cracker, splashes in the bath)

☐ Often ☐ Sometimes ☐ Not Yet



Clip and return to school.

Clip and Save.

Encourage movement

Place objects just out of your child's reach to encourage them to reach, roll, or stretch. If possible, get down on the floor with your baby and encourage them to move to get closer to you. Place your child on their hands and knees.

Provide a safe place for your child to sit

Sit your child in a safe place with soft surfaces for sitting, such as a blanket on the floor with cushions near them. If they get tired or lose their balance when reaching or moving, they will have a soft place to land. Provide your child with attention and something to look at, hold, or handle so they will stay in this position longer.

Give your child things to stack, put in containers, and bang together

Picking up blocks and putting them in a large container helps your child use their arms and hands together for a purpose. Provide cups or bowls that can be stacked or objects that will make noise when banged together so your child can use their hands in different ways.



Connecticut Office
of Early Childhood