

## DOES YOUR CHILD:

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

Walk or climb on low furniture to get to something?

☐ Often ☐ Sometimes ☐ Not Yet

Use both hands to do something? (e.g. building a tower, holding a container and using the other hand to put things in it)

☐ Often ☐ Sometimes ☐ Not Yet

Reach out or "help" when putting on a shirt or pants?

☐ Often ☐ Sometimes ☐ Not Yet

Clip and return to school.

Clip and Save.

### Provide safe opportunities for your child to challenge his/her large motor skills

It can be hard to see your child stumble or fall as they are building new skills. But by stumbling and falling, young children learn to balance and avoid obstacles. Find or create spaces where your child can move about and fall without getting hurt. Place pillows or cushions so your child won't fall on something hard. Place your child at the bottom of carpeted stairs and stay right behind them in case of a fall. Put on music or play a game that encourages your child to try new movements such as turning, jumping, or crawling up stairs.

### Give your child objects to handle purposefully

Provide your child with blocks or empty boxes to stack, items to put into a container, or large beads to join or take apart. Give your child washable markers or large crayons and paper. Allow them to make marks while you watch and make sure they are using the materials safely. Model how to use these items and have fun.

### Find ways for your child to participate in dressing, bathing, or eating that fit with your family and culture

Are there things that your child can do for themselves that match what your family or culture might expect young children to do? Can your child take off an item of clothing when dressing or toileting? Are there food items that your child can feed to themselves using hands or utensils? Think of ways that your child might play a role in self-care.

