



DOES YOUR CHILD:

Child's Name _____

Walk or run from one area to another?

- Often Sometimes Not Yet

Move around when he/she has an opportunity to safely play in a large open area?

- Often Sometimes Not Yet

Try to carry big things while walking?

- Often Sometimes Not Yet

Use puzzles, shape sorters, or put things in containers?

- Often Sometimes Not Yet

Help you to feed/dress/bathe him or herself, if expected in your home and culture?

- Often Sometimes Not Yet

Clip and return to school.



Clip and Save.

Play fun but simple games to get your child moving

Play hide and seek or ask your child to find objects around the house. Add some challenges that include your child reaching, stretching, or climbing. Sing songs that include movements such as dancing, bending, or moving body parts that are named.

Encourage your child to use their arms to build body strength

Provide opportunities for your child to paint at an easel, paint a fence using water and a paintbrush, or smear shaving cream on the wall of the shower. Play catch, throwing and catching large balls. Building body and arm strength provides the foundation for your child to better use his/her hands.

When you can, allow extra time for care routines

Extra time will allow your child the chance to try new parts of the routine for themselves (e.g. washing their legs and arms during bath time, brushing their own teeth for a bit before you help make sure they have all been brushed). You might not always be able to do this, but when you aren't feeling rushed you can make it a fun time and give your child a chance to learn or practice new skills.

Point out healthy behaviors you see

When you observe people choosing healthy foods, exercising, or going to bed, talk about how these things keep people healthy. Notice healthy habits in books or choose books that focus on being healthy. Healthy habits start early!

