



Physical
Health and
Development



DOES YOUR CHILD:

Child's Name _____

Jump with both feet?

☐

Often

☐

Sometimes

☐

Not Yet

Turn pages in a book?

☐

Often

☐

Sometimes

☐

Not Yet

Try to wash his/her hands or brush his/her teeth?

☐

Often

☐

Sometimes

☐

Not Yet



Clip and return to school.

Clip and Save.

Find safe places for your child to run, jump, climb, and throw

As your child gets older they will need opportunities to practice using their muscles together. Clear a space at home that is safe, go to a park with open space, or find a playground or indoor play area for young children. Encourage your child to move, run, and jump. Provide balls for throwing. At home, ask your child to carry a light load of laundry or build an obstacle course out of couch cushions.

Sing songs or play games that involve body or finger movements

Sing songs that involve moving small muscles in the hands (e.g. "The Itsy Bitsy Spider"). Sing songs that involve bigger movements such as "Head, Shoulders, Knees and Toes". Play "Follow-the-Leader" and encourage movements that are a little challenging for your child. This can be a great opportunity to share songs from your own childhood or make up a new song together. Be creative and have fun!

Talk to your child about taking care of their body

Talk about the foods your child is eating, and about feeling hungry and feeling full. Talk about why eating healthy food helps us grow. Talk about moving your body and taking care of your body by washing hands, using sunscreen, sitting in a car seat, etc. Share why taking care of your body and staying healthy is important. Stress habits that are important to your family and culture.



Connecticut Office
of Early Childhood