

DOES YOUR CHILD:

Child's Name _____

Jump, hop, and/or kick a ball?

☐

Often

☐

Sometimes

☐

Not Yet

Use their hands to work with tools or eating utensils?

☐

Often

☐

Sometimes

☐

Not Yet

Handle most parts of dressing and toileting when wearing simple pull-on clothing?

☐

Often

☐

Sometimes

☐

Not Yet



Clip and return to school.

Clip and Save.

Practice using several household tools

While watching, give your child a chance to practice using household tools such as scissors, markers, crayons, forks, spoons, etc. Show or help them to hold the tools the right way by adjusting their fingers and encourage them if they get frustrated. Using different utensils will strengthen your child's hand muscles and help with hand-eye coordination.

Challenge your child's physical abilities

Whenever possible, ask your child to use different movements on a playground or in an open area. For example, stand behind your child while they try to climb a small rock wall at the park by alternating both their hands and feet. Plan a small obstacle course for your child in your home which requires them to practice climbing stairs, crawling under something, and jumping over something low to the ground. These activities will help in developing your child's mobility, large muscle movements, and coordination.

Talk to your child about health and safety

During daily routines, talk to your child about why these habits are important. Help them understand why washing your hands before you eat and after you use the restroom is important for your health and protects you from getting sick. Explain why brushing your teeth after every meal is important for your teeth. These meaningful conversations will help your child understand why we do these things and will teach them safety, responsibility, and healthy behaviors.

