



Physical  
Health and  
Development



## DOES YOUR CHILD:

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

Run and change direction or avoid things that are in their path?

☐

Often

☐

Sometimes

☐

Not Yet

Use a fork, spoon, scissors, or other tools that require the use of their fingers?

☐

Often

☐

Sometimes

☐

Not Yet

Know why we have some basic rules, such as, using walking feet inside, or why only grown-ups can use sharp knives?

☐

Often

☐

Sometimes

☐

Not Yet



Clip and return to school.

Clip and Save.

### Plan time for your child to be active

Make sure that your child has time to engage in vigorous physical activity. Go to a park, a gym, or have a dance party in your living room. Try to vary the actions, so your child gets to use a variety of muscles. Play with them or find others who will help them stay engaged and interested in moving.

### Make motion a part of everything you do.

Jump off the curb, walk a silly walk to the bus stop, or stretch like a giraffe in the morning. Physical activity can be a fun part of many everyday activities and best of all— it helps children learn and grow.

### Make a game of nutrition

Challenge your child to find foods from various food groups and help you plan a healthy menu. Use a list to go grocery shopping together and talk about other foods. Try one new food each week, rotating the food group you try. Understanding why we do these things and will teach them safety, responsibility, and healthy behaviors.



Connecticut Office  
of Early Childhood