



Help me move and play

When I am 12-18 months old



Your child should be:

- able to move independently by crawling, shuffling or moving across furniture
- able to sit unsupported on the floor
- able to use both hands freely
- starting to hold an object in each hand and bring them together
- able to pull to standing and hold position
- able to hold objects between their thumb and fingers
- starting to walk with one or both hands held by an adult
- starting to take steps independently

Physical activity guidelines

Your child should be active from morning to night-time. Even though your child may not be walking they need to be physically active every day in a variety of ways from playing outdoors to splashing in the bath. Children who can walk unsupported should be active for at least 180 minutes (3 hours) every day. More is better.

You can help your child to stay active by limiting the time they spend in a car seat, buggy or highchair and by ensuring that you dress them in clothes they can move freely in. It is also beneficial to switch your TV off when playing and eating together and to consider how often you watch TV or use your mobile, as your child learns from and likes to copy what you do.

Helpful hints

Take me to the park so that I can explore moving on different surfaces such as grass, pathways, steps, hills

I like to get up off of the floor, so put my favourite objects at different levels for me to pull up and reach them

I like to build towers with you



Playdough is a fun way for me to use my hands in different ways e.g. squeezing and squashing

I enjoy games and songs that involve clapping and using my hands

I like to practice moving around the room, hold my hand to help me do this

To help me practice my first steps let me push things like dolls prams, carts and shopping trolleys

I need lots of space indoors and outdoors to move and explore

Let me use my fingers to feed myself and let me try using a spoon

These ideas will help you and your child to enjoy play together; supporting their communication and social skills. They will help your child to strengthen their muscles, develop balance and coordination, and learn to move on their own. Being active is vital for your child's healthy brain development and will also help your child to stay at a healthy weight. Being active with your child helps to set up good habits to support you both in developing a healthy lifestyle.

Having fun and staying safe

Your child needs to play safely; always keep a watchful eye and do not leave them unattended.

Keep small objects out of reach as your child could choke on them.

When exploring foods with your child, please remember to cut into small pieces.

Now that your child is exploring more you need to be aware of the risks within your home, such as hot drinks, hair straighteners, kettles, pans, cleaning products, medicines, e-cigarettes and refills, cigarettes, windows, and blind cords.

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