



Help me move and play

When I am 18 months to 2 years old



Your child should be:

- able to walk independently
- starting to walk upstairs holding an adults hand
- starting to balance items such as blocks to build a tower
- starting to use both hands in front of them to handle objects
- starting to push and pull along large toys or boxes
- starting to kneel upright
- starting to bend their knees to pick up a toy
- starting to pick objects up using thumb and one finger
- starting to assist with dressing and undressing

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 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 that 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

I enjoy games and songs that involve actions using my whole body

Give me a bucket to put interesting things in when I am digging in the mud e.g. twigs, leaves, stones

Let me try walking up and down different steps whilst holding your hand

Share a book with me and let me lift the flaps



Ball games where I can kick, roll and throw will help me with my strength, balance and co-ordination

I like to try and have my water or milk in an open cup

Toys I can ride on help me to develop strength in my legs

Help me to practice dressing myself, let me try some easier bits first e.g. hats, scarfs, shoes

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.

Getting more copies of this leaflet

You can get all our leaflets in large print, easy read format, in Braille, on audio tape or CD, or in other languages. Please phone 01323 747430. They are also available in PDF form, which you can download from our website at eastsussex.gov.uk

East Sussex County Council

County Hall

St Anne's Crescent

Lewes BN7 1UE

Phone: 0345 60 80 190

Fax: 01273 481261

Website: eastsussex.gov.uk/contactus

December 2020 17-18 107



East Sussex County Council permits the use of the document to be used free of charge on behalf of the CYPT. Any sale of this document, without the prior written consent of East Sussex County Council, is prohibited. Permission is required before any part of this document is redistributed. This notice must remain intact and included in all reproductions.

© East Sussex County Council 2020.

The moral rights of the author have been asserted.

