



Help me move and play

When I am 2-3 years old



Your child should be:

- able to use both hands in front of them to handle objects
- able to balance when bending down to pick up an object
- able to kick a large ball
- able to turn pages in a book, sometimes several at once
- starting to move in a range of ways including walking, running, jumping, sliding, and climbing using both hands and feet
- starting to have more control when using different tools e.g. pouring from a jug, making marks with a paintbrush
- starting to use three fingers to hold crayons, chunky chinks and paint brushes
- starting to walk up and down stairs more independently
- starting to use one handed tools such as knives, forks, scissors and hammers

Physical activity guidelines

Your child should be active from morning to night-time. 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 sitting down or not moving e.g. in a car seat or buggy. 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

Teach me how to throw and catch items such as bean bags

I like being adventurous with you at the playground where I can climb, spin, slide and move in different ways

Chasing after bubbles and trying to pop them is fun

Find a large space for me to practice balancing and moving on a ride on, push along toy or balance bike



Have toys for me to wind up, bubble wrap to pop, and water toys to squirt

Let me walk on different surfaces including flat and hilly ground, grass, pebbles and pavements

Let me draw and paint outside using chunky chinks, brushes and water

Dance with me to music, moving our bodies in different ways

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 make sure a grown up is keeping 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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