

Physical Development 3-4 years

Did you know?

The most advanced level of movement, is the ability to stay completely still.



How can you help?

- Encourage your child to dress and undress themselves, even with clothes that have zips and buttons.
- When out and about, encourage your child to run up and down hills.
- Play whole body action rhymes such as Heads, Shoulders, Knees and Toes
- Play tennis with a balloon and fly swat or cardboard tube.
- Encourage your child to help with sweeping the floor, Hoovering,
- carrying toy boxes and shopping bags.
- Give your child objects to stir in a saucepan such as conkers, corks and rice, which they can scoop and pour into different size containers.
- Rip up paper together, this will strengthen your child's wrist movements.
- Draw patterns in mud with your child.
- Make up fun movements for your child to copy.



What I like

- To run, jump, skip and hop outdoors.

What I can do

- Climb up and jump off on a fork and pour my own drink.

Children develop at their own rates and in their own ways. The above is typical ranges of development. If you have any concerns about your child's development, speak to your GP or health visitor for advice.