

# Physical Development 2-3 years

## Did you know?

Rough and tumble play helps your child to know their own strength and control their body movements.



## How can you help?

- Provide large pieces of paper to make marks on, or go outside and use chunky chinks on your path or patio.
- When out and about, have fun jumping in puddles and playing marching games.
- Play catching or hitting a balloon or beach ball, or play Simon Says games
- Do the actions to Row, Row, Row Your Boat, this will help strengthen your child's arm muscles.
- Encourage your child to help you add and stir in ingredients when you're cooking a sauce or making a cake and to spread their own butter on their toast.
- Provide toys to wind-up, bubble wrap to pop, water toys to squirt and raisins to drop into a small container. These actions use the thumb and first finger and will help strengthen your child's pincer grip.
- Introduce containers with screw lids, this will strengthen their wrist muscles.
- Encourage your child to stack, roll and carry food tins, this will support their coordination.
- Use boxes to play posting games.
- Encourage your child to snip play dough or shred paper.
- Encourage your child to wash their dolls face and tummy using an anti-clockwise movement, this will support their writing skills later on.



## What I like

- Helping with jobs around the house.
- Playing running and ball games outside.

## What I can do

- Take apart and put together large construction toys.
- Jump on the spot with two feet.
- Walk downstairs.
- Throw a small ball overarm without falling.
- Walk with an adult for more than 15 minutes.
- Turn pages of a book one at a time.
- Draw vertical lines.
- Snip with scissors.
- Feed myself using a fork.
- Drink from an open cup.
- Put on some of my clothes.
- Pour from a small jug.

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.