

# Physical Development

**G**

**GROWTH** in height and weight is a good indicator of health. Regular physical check ups by your healthcare provider are important.

**R**

**REMEMBER** children develop at their own speeds. If you have concerns about a child's development, ask your healthcare provider.

**O**

**OBSERVE** a child's new abilities as they develop. Encourage and celebrate their achievements. Provide your child with opportunities to use these new skills.

**W**

**WATCH** for children's safety. Be careful around streets, parking lots and playgrounds. Never leave your child unsupervised.

**I**

**INDIVIDUAL** children learn and develop differently. Each member of your family is unique do not compare one child to another.

**N**

**NEVER** put children in walkers. It slows down learning to walk and can create safety hazards.

**G**

**GIVE** children space to move, explore, and try out physical activities. Jumping, crawling, running, chasing, climbing, and hopping need lots of practice.

## **ADULT RESOURCES:**

- *Toddler Play* by Dr. Wendy Masi
- *Your Local Early Childhood Intervention Group (ECI)*

