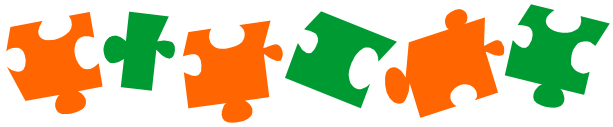


## HOW IS THIS PROGRAM HELPING MY BABY/TODDLER DEVELOP PHYSICALLY?



Lots of physical development takes place before a child is 3 years old. Children learn to crawl, walk, run, jump, balance and throw.



First they will grasp, then hold small objects in their fingers, and eventually write.

These skills happen naturally, as long as children are healthy and are given the opportunity to practice them over and over.

*We encourage physical development by:*

- paying attention to children’s actions and encouraging them (“Wow, Trevor, you are standing by yourself! Hooray!”).



## HOW IS THIS PROGRAM HELPING MY BABY/TODDLER DEVELOP PHYSICALLY?



Lots of physical development takes place before a child is 3 years old. Children learn to crawl, walk, run, jump, balance and throw.



First they will grasp, then hold small objects in their fingers, and eventually write.

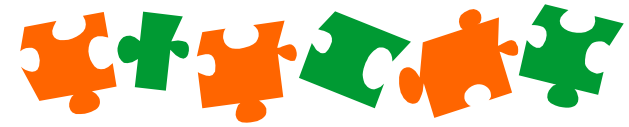
These skills happen naturally, as long as children are healthy and are given the opportunity to practice them over and over.

*We encourage physical development by:*

- paying attention to children’s actions and encouraging them (“Wow, Trevor, you are standing by yourself! Hooray!”).



## HOW IS THIS PROGRAM HELPING MY BABY/TODDLER DEVELOP PHYSICALLY?



Lots of physical development takes place before a child is 3 years old. Children learn to crawl, walk, run, jump, balance and throw.



First they will grasp, then hold small objects in their fingers, and eventually write.

These skills happen naturally, as long as children are healthy and are given the opportunity to practice them over and over.

*We encourage physical development by:*

- paying attention to children’s actions and encouraging them (“Wow, Trevor, you are standing by yourself! Hooray!”).

- providing opportunities for children to explore what they can do with their bodies. Climbing cushions, toddler tricycles and movement games such as “Ring Around the Rosie” all enhance physical development.
- encouraging babies to attempt physical accomplishments on their own, such as climbing into a small chair. We do not rush in to assist unless there is danger to the child or frustration sets in.
- encouraging children to practice muscle skills during daily routines. We encourage babies to pick up their food or use a spoon during mealtime. Toddlers are encouraged to pull up their own pants after using the toilet or put on their own shoes.
- playing outdoors with wheel toys, swings, climbers, sand, water, balls, bean bags and tunnels.



**Babies and toddlers are naturally curious. We encourage them to explore new and entertaining challenges in a safe environment.**



Released by Don Bower,  
Extension Human Development Specialist  
Developed under contract by Linda J. Grant

The University of Georgia and Ft. Valley State University, the U.S. Department of Agriculture and the counties of the state cooperating. The Cooperative Extension Service offers educational programs, assistance and materials to all people without regard to race, color, national origin, age, sex or disability.

AN EQUAL OPPORTUNITY EMPLOYER

Leaflet CHFD-E 24-06

July, 1999

Issued in furtherance of Cooperative Extension Work, Acts of May 8 and June 30, 1914, The University of Georgia and the U.S. Department of Agriculture cooperating.

Gale A. Buchanan, Dean and Director

- providing opportunities for children to explore what they can do with their bodies. Climbing cushions, toddler tricycles and movement games such as “Ring Around the Rosie” all enhance physical development.
- encouraging babies to attempt physical accomplishments on their own, such as climbing into a small chair. We do not rush in to assist unless there is danger to the child or frustration sets in.
- encouraging children to practice muscle skills during daily routines. We encourage babies to pick up their food or use a spoon during mealtime. Toddlers are encouraged to pull up their own pants after using the toilet or put on their own shoes.
- playing outdoors with wheel toys, swings, climbers, sand, water, balls, bean bags and tunnels.



**Babies and toddlers are naturally curious. We encourage them to explore new and entertaining challenges in a safe environment.**



Released by Don Bower,  
Extension Human Development Specialist  
Developed under contract by Linda J. Grant

The University of Georgia and Ft. Valley State University, the U.S. Department of Agriculture and the counties of the state cooperating. The Cooperative Extension Service offers educational programs, assistance and materials to all people without regard to race, color, national origin, age, sex or disability.

AN EQUAL OPPORTUNITY EMPLOYER

Leaflet CHFD-E 24-06

July, 1999

Issued in furtherance of Cooperative Extension Work, Acts of May 8 and June 30, 1914, The University of Georgia and the U.S. Department of Agriculture cooperating.

Gale A. Buchanan, Dean and Director

- providing opportunities for children to explore what they can do with their bodies. Climbing cushions, toddler tricycles and movement games such as “Ring Around the Rosie” all enhance physical development.
- encouraging babies to attempt physical accomplishments on their own, such as climbing into a small chair. We do not rush in to assist unless there is danger to the child or frustration sets in.
- encouraging children to practice muscle skills during daily routines. We encourage babies to pick up their food or use a spoon during mealtime. Toddlers are encouraged to pull up their own pants after using the toilet or put on their own shoes.
- playing outdoors with wheel toys, swings, climbers, sand, water, balls, bean bags and tunnels.



**Babies and toddlers are naturally curious. We encourage them to explore new and entertaining challenges in a safe environment.**



Released by Don Bower,  
Extension Human Development Specialist  
Developed under contract by Linda J. Grant

The University of Georgia and Ft. Valley State University, the U.S. Department of Agriculture and the counties of the state cooperating. The Cooperative Extension Service offers educational programs, assistance and materials to all people without regard to race, color, national origin, age, sex or disability.

AN EQUAL OPPORTUNITY EMPLOYER

Leaflet CHFD-E 24-06

July, 1999

Issued in furtherance of Cooperative Extension Work, Acts of May 8 and June 30, 1914, The University of Georgia and the U.S. Department of Agriculture cooperating.

Gale A. Buchanan, Dean and Director