



Make Active Play Part of Every Day



Young children need lots of time to move their bodies. Movement helps children develop motor skills, which are important to many other areas of development including language, social, and emotional skills. Young children need encouragement, instruction, and opportunity to develop their motor skills.

Birth – 6 months

Place babies in a safe space on the floor. Use floor mirrors, rattles, and soft objects for the baby to interact with during tummy time.

7 – 11 months

Babies will start to transition out of stationary tummy time as they scooch, creep and crawl. Create safe spaces for baby to pull to stand. Try push and pull toys and low climbing platforms.

Toddlers (1 – 2 years)

Children begin cruising along furniture and walking independently. They clap, grab, squeeze, push, pull and jump. Incorporate activity tables, tunnels, large balls, pedal-free ride-on toys, and bean bags.

Preschoolers (3-4 years)

- Play active games (Twister, red light/green light, Simon says, charades, tag).
- Act out favorite stories.
- Go on a walk or hike.
- Set up an obstacle course in the house or outside.
- Dance to favorite music.

