There are five areas essential to your child’s healthy development. Find more supportive learning experiences for your child on the following pages in the Massachusetts Early Learning Guidelines for Infants and Toddlers, downloadable from the Early Education and Care website: www.mass.gov/eec

1 Social-Emotional Development p. 31 p. 101
2 Language and Communication Development p. 47 p. 120
3 Cognitive Development p. 65 p. 144
4 Physical Health and Well-Being (this brochure) p. 80 p. 153
5 Approaches to Learning p. 83 p. 163

Physical well-being and movement are crucial to your child’s learning and development.

Your child needs playful and healthy routines every day.

Be active with your child...

Play with me!

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Things Your Baby Can Do
Activities for Physical Health and Well-Being

**Eating Healthy Food**
Choose fresh and nutritious food for your baby. *Mmmm...I like sweet potatoes, too.*

**Being Outdoors**
Enjoy outdoor play together and watch others play. *It's time to take our walk today.*

**Pushing, Pulling, Rolling**
Allow your baby to practice pushing up, pulling up, and rolling over. *You're surprised! You rolled over!*

**Reaching**
Notice all the ways your baby reaches, stretches, and flexes. *Ooh, what a good stretch!*

**Grasping and Releasing**
Place objects of interest just beyond the reach of your baby. *You are so strong!*

Things Your Toddler Can Do
Activities for Physical Health and Well-Being

**Caring for Oneself**
Model healthy physical care. *Let's floss and brush our teeth together.*

**Practicing with Purpose**
Allow your child to explore drawing and writing with appropriate materials and supervision. *You made really big marks. Can you make some that are tiny, too?*

**Coordinating Eye and Hand Movements**
Initiate throwing and catching games with objects of various sizes and textures. *I'm going to roll the ball this way this time.*

**Climbing, Jumping, Lifting**
Look for opportunities for unstructured movement everyday. *I love to watch you run!*

**Participating in Daily Routines**
Invite your child to help in a safe way with activities such as cooking and cleaning. *Isn't it fun to make good food together?*

**Developing Dexterity**
Use materials such as dough and clay with your child for squeezing, rolling, patting, and pounding. *I see you are poking the clay. What happens when you poke it?*