

ECC



Areas of Early Learning and Development



Physical Health & Development

Learning to take care of yourself and to do things with your body and hands so that you grow strong and healthy



What adults can do...

Encourage

- Healthy Eating
- Physical Activity
- Helping with Self-care

Infants and Toddlers

Lay your baby on their tummy while they are awake. “Tummy time” helps build strong muscles.

Talk while you take care of them. Have them be a part of healthy routines such as waking up, eating and dressing.

Encourage exploring objects with their hands. Give them small, but safe, items to use with their hands.

Make sure they are healthy. Children who get enough rest and healthy food learn better.

Preschoolers

Find a time and place for your child to run and play. Running, jumping and climbing help build strong muscles and bones.

Have your child take part in self-care. Talk to them about why being clean is important; show them how to use buttons and zippers, etc.

Offer your child healthy food choices. Talk about healthy food and eating a variety of good things.

Make sure they get enough rest. Preschoolers need 11-13 hours of sleep each day to stay healthy and learn.

