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.

Adapted from the Connecticut Office of Early Childhood