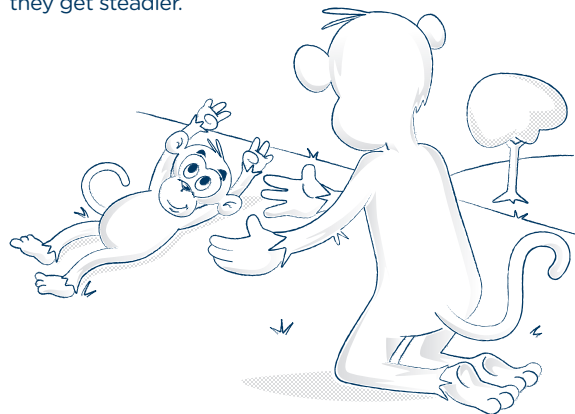


WHY PLAY TODDLER...

PHYSICAL DEVELOPMENT

This leaflet gives you some great things you can do as part of your normal routine throughout the day, in your home and out. Toddlers want to be physically active, they have lots of energy to burn off. They need to experience all kinds of different movement.

These activities encourage development of your child's gross and fine motor skills. Get them out of the buggy and away from the TV. Let them experiment how their body moves. Balancing in different positions, they might tippie over, this is all part of learning and adapting so they get steadier.



Try all the activities, don't worry if they struggle at first, they will get there. They learn most by copying/mirroring yourselves and their peers. Don't feel silly in the park, make movement fun, there are lots of nursery rhymes you can move to. Grand old duke of York is great for marching and going up and down hills.

You should aim for 60 minutes of physical activity a day. Time soon adds up from lots of little bits throughout the day. It's surprising how much more they toddle around and explore when the TV is off.

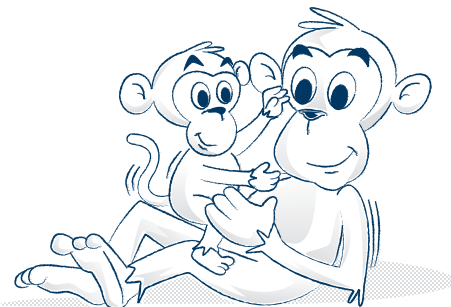
IT'S REALLY GOOD TO TALK

Communication is essential for your child to develop. Talk to them about what you're doing, sing to them (they don't mind if you're off key). Keep eye contact when you're explaining things, they are listening and start to understand simple instructions.

WOULD LIKE TO KNOW MORE?

See all activities demonstrated at www.greatersport.co.uk/letsplay and much much more, go on log on!

Lets play — part of Changing Lives, AGMA's 2012 legacy plan for Greater Manchester. For more information on what is available in your area please contact your local Children's Centre, Leisure Centre or Health Visitor.



LET'S PLAY

PLAY SAFE

We all worry about the safety of our children, but we shouldn't wrap them in cotton wool or stop them from playing. Here are things you can do to avoid risks:

PLAY INDOORS

A room, or an area in it, can be made safe by removing all sharp and breakable objects. Cover or move furniture with sharp corners or edges, and make sure any areas of plate glass are cordoned off. Use the sofa cushions and blankets, great if they are discovering climbing, jumping and bouncing.

PLAY OUTDOORS

They are always going to fall over, but you can have a good look around and help them avoid mishaps, check for sharp objects, dog mess etc... Look for places with few or, if possible, no cars passing nearby. Don't leave them unsupervised, but remember it's good for them to take small risks—it's how they develop new skills and conquer fears.

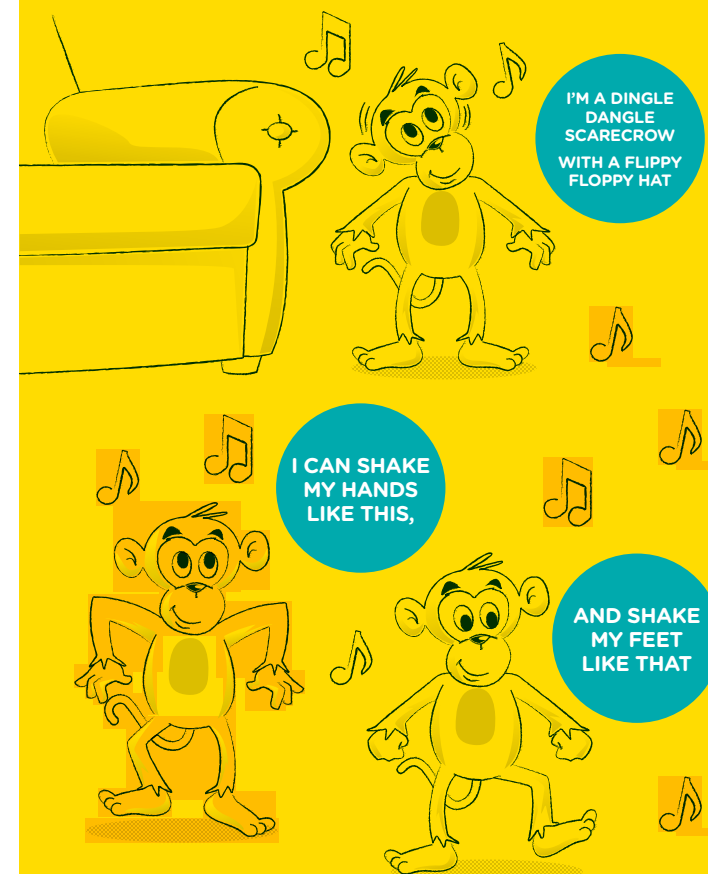
If you have any concerns trying these activities please speak with your GP or Health visitor



LET'S PLAY

TODDLER

A GUIDE TO GET YOU AND YOUR TODDLER MORE ACTIVE



We all worry about our children, but we shouldn't wrap them up in cotton wool, go on get active.



1 MOVE TOGETHER

Toddlers **love to move to music**. Why not dance around the living room with them. Sing and freeze, don't worry if they don't stop, eventually they will. As your child develops you can take turns making up different moves. **This is great with friends.**



TIPPY TOES & ALL THAT GOES 2

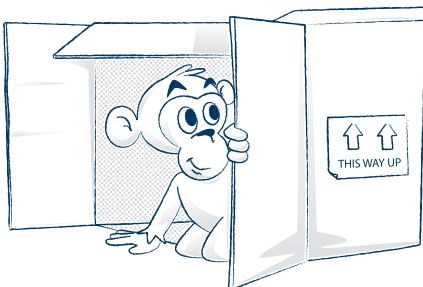
Now they are walking add some more fun, speed up, slow down, stride, tip toe, walk tall, walk small and stomp too. Go sideways and backwards. Bubbles are a great way to move **chasing, grabbing and kicking**.



YOUR CHILD IS NOW WALKING, TODDLING ABOUT

3 IN AND OUT

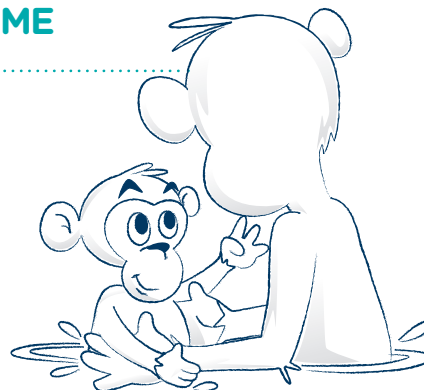
Your little one will love to explore. Make indoors an adventure; **exploring, climbing and crawling**. They will love to play in and out of a cardboard box, you could make a home-made den. What else are bed sheets for!



4 SPLASH TIME

Water time is great for your toddler, visit your local swimming pool. Be happy, if you're confident in the water they will be. **Encourage them to move independently.**

If you are unsure in water, go at a quiet time or try a local parent and toddler session.



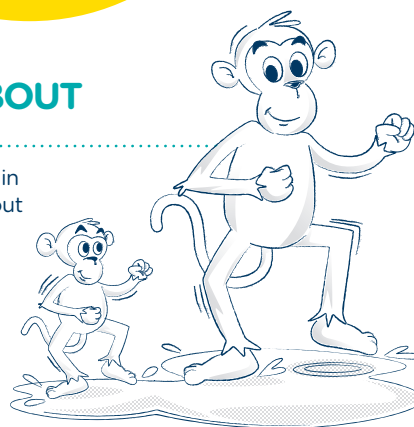
EVERYTHING YOU DO, TALK YOUR WAY THROUGH

GET'EM UP, GET'EM OUT, GET'EM MOVING

Part of your day in your own way

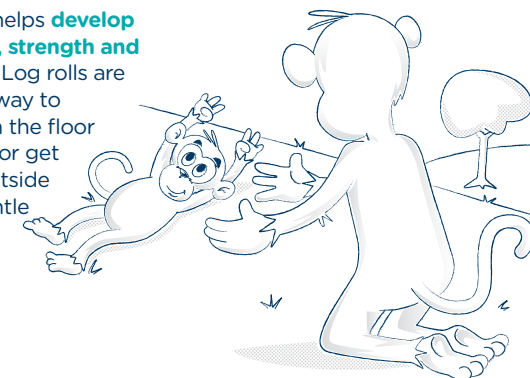
5 OUT & ABOUT

Children need to get out in the fresh air, learning about what is around them. Walk to the local shops without the buggy, **play in the park**, you can do lots of things. Splashing in puddles, kicking through leaves, go on get them outside.



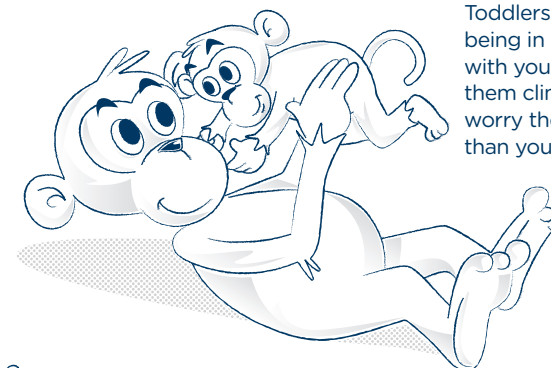
6 ROLLTASTIC

Rolling helps **develop balance, strength and control**. Log rolls are a great way to start. On the floor indoors or get them outside on a gentle grassed slope.



ROUGH AND TUMBLE 7

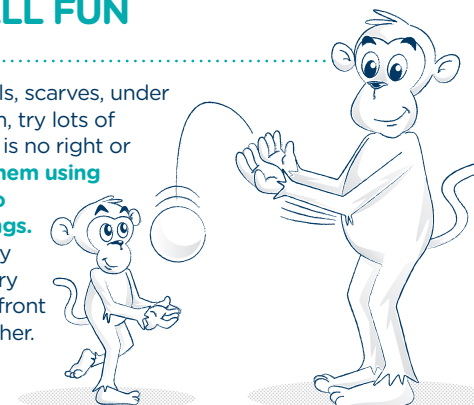
Toddlers **love tickles** and being in physical contact with you. Pick them up, let them climb on you, don't worry they are tougher than you think.



THEY ARE TOUGHER THAN YOU THINK

8 BALL FUN

Throwing balls, scarves, under arm, over arm, try lots of things. There is no right or wrong. **Get them using the ball to do different things.** Catching, may take longer, try hands out in front elbows together.



www.greatersport.co.uk/letsplay