

Physical development



I can...

- Cut with scissors
- Pick up small objects
- Turn pages in a book
- Hold and use pencils and crayons
- Open snacks and food wrappers on my own
- Dress myself – buttons, zippers, snaps, shoes, gloves, coats
- Take care of my body – use the bathroom, wash my hands, use a tissue
- Be active – jump, run, climb, hop, throw, kick, catch, balance on one foot



My parents help by...

- Supervising and showing me how to use scissors
- Giving me pencils, crayons, markers, paint brushes
- Showing me how to hold a pencil or crayon
- Helping me strengthen my hands to hold a pencil by using Play-Doh, tongs, crayons, scissors
- Encouraging me to open snacks on my own and clean up my mess
- Providing space and allowing me to get messy using paint, glue, Play-Doh, and other art supplies
- Allowing enough time for me to dress myself
- Being active with me outside
- Building with me using materials we have including blocks, LEGOs, Lincoln Logs, and other building materials
- Giving me enough sleep, healthy foods, limited screen time

More ideas online:
greatstartlivingston.org



Using my muscles