

Physical Development ideas for home



You can support my moving and handling development by:

Playing ball games with me and giving me lots of ribbons that I can wave around

Supporting me to climb, balance and negotiate space.



You can support my moving and handling development by:

Letting me try to dress my teddy or doll with different types of clothes like coats, jumpers and dresses and different types of fastenings like buttons, velcro and zips.

Use scissors to cut things like jelly and spaghetti



You can support my health and self-care by:

Letting me help get lunch ready by cutting the cheese or bananas.

Let me wash my hands and face by myself

