



**Physical well-being and movement are crucial to your child's learning and development.**


There are five areas essential to your child's healthy development. Find more supportive learning experiences for your child on the following pages in the **Massachusetts Early Learning Guidelines for Infants and Toddlers**, downloadable from the Early Education and Care website: [www.mass.gov/eec](http://www.mass.gov/eec)

**Infants** (birth to 15 months) →  
**Toddlers** (12 to 33 months) →

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# Play with me!



**Your child needs playful and healthy routines every day.**

# Be active with your child...



**You foster the foundation of brain development and learning during the first 3 years of your child's life.**



# Things Your **Baby** Can Do

Activities for Physical Health and Well-Being



## Eating Healthy Food

Choose fresh and nutritious food for your baby. **Mmmm...I like sweet potatoes, too.**

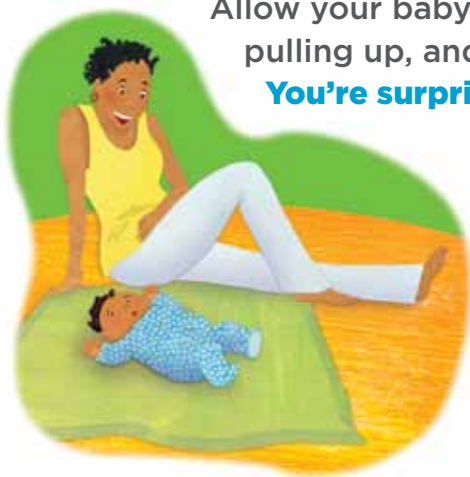
## Being Outdoors

Enjoy outdoor play together and watch others play. **It's time to take our walk today.**



## Pushing, Pulling, Rolling

Allow your baby to practice pushing up, pulling up, and rolling over. **You're surprised! You rolled over!**



## Reaching

Notice all the ways your baby reaches, stretches, and flexes. **Ooh, what a good stretch!**



## Grasping and Releasing

Place objects of interest just beyond the reach of your baby. **You are so strong!**



# Things Your **Toddler** Can Do

Activities for Physical Health and Well-Being

## Caring for Oneself

Model healthy physical care. **Let's floss and brush our teeth together.**



## Climbing, Jumping, Lifting

Look for opportunities for unstructured movement everyday. **I love to watch you run!**



## Practicing with Purpose

Allow your child to explore drawing and writing with appropriate materials and supervision. **You made really big marks. Can you make some that are tiny, too?**



## Coordinating Eye and Hand Movements

Initiate throwing and catching games with objects of various sizes and textures. **I'm going to roll the ball this way this time.**



## Participating in Daily Routines

Invite your child to help in a safe way with activities such as cooking and cleaning. **Isn't it fun to make good food together?**



## Developing Dexterity

Use materials such as dough and clay with your child for squeezing, rolling, patting, and pounding. **I see you are poking the clay. What happens when you poke it?**

