

Physical Health & Well Being

Physical Health and Well Being encompasses overall health and nutrition as well as a child's large and small muscle growth and coordination. Eating a well balanced diet will promote an overall healthy child. Gross Motor skill development is essential for children because it builds strong muscle tone and helps a child have proper balance. Fine Motor skills are essential for school success. It is also important as so many daily tasks require the control of the hands and fingers. Examples of these skills at each stage of development are below:

3 Months-learns to support head, pushes up on arms when on his/her stomach, reaches for and grabs objects like a rattle, puts hands in mouth

6 Months-rolls over, bounces on legs when held standing, reaches for things he/she wants, touches things to explore

9 Months-sits up without support and may crawl, moves from sitting to lying down, holds and grabs toys in both hands and from one to the other

12 Months-stands up and may start to walk, climbs on things, stands independently, holds and grabs things between thumb and index finger, uses a spoon

18 Months-walks and runs unassisted, learning to catch objects, runs on tip toes, scribbles with crayons, puts things in containers, takes off socks and shoes

2 to 3 Years-getting better at kicking, throwing a ball and catching a ball, walks up and down stairs holding onto a railing, turns a key or screw, throws and catches, eats and drinks alone

3 to 4 Years-catches objects, swings, climbs, skips and jumps, hops on one foot, eats without making a big mess, gets dressed on own, colours without scribbling

4 to 5 Years-balances and controls a tricycle, gets dressed except for zippers, ties, buttons, draws a person, copying shapes and lines, prints some letters, colour inside the lines

Activities you can do with your child to promote Physical Health and Well Being Skills:

-Play hopscotch together—one foot, two feet, back to one



-Offer 3 or 4 food groups at each meal—make it interesting with lots of colour

-Practice doing up a zipper and buttons on a teddy bear's coat

-Wear a helmet and equipment appropriate for the activity

-Play catch with your child



-Teach your child how to skip or use a hoola hoop

