

KEEP IT MOVING!



***THE IMPORTANCE OF
MOVEMENT AND ACTIVE PLAY
FOR TODDLERS***





By age 1, your toddler has discovered that they can walk.

Climbing onto furniture, darting across rooms and trying to touch everything in reach, your curious little one is exploring a world that suddenly feels so much bigger now that they can move about.



As a parent, trying to keep up with your toddler to ensure that they stay safe and out of trouble might feel exahusting and almost impossible at times...



BUT DID YOU KNOW?



Movement at this age is crucial for their development; physically, cognitively and emotionally.

Every time your child reaches, climbs or takes a step, they are also building important skills like **coordination**, **spatial awareness** and **confidence**.

Research shows that active play at this age strengthens the neural pathways behind **language**, **communication** and **problem solving**.

**THE MORE THEY
MOVE, THE MORE
THEY GROW!**



A SIMPLE GUIDE TO COMMON PHYSICAL MILESTONES FOR TODDLERS (12-30 MONTHS)

A QUICK GUIDE TO WHAT YOU CAN EXPECT
AT THIS STAGE

LARGE MOVEMENTS

SMALL, PRECISE
MOVEMENTS



18 MONTHS

May start climbing stairs and
pulling toys around as they
walk.

May start using hands more
actively: reaching, grabbing,
stacking blocks, turning book
pages and attempting to
remove their own footwear.



30 MONTHS

15 MONTHS

May observe more independent
walking.



May demonstrate improved finger
control: grasping, attempting to
feed themselves



Note: Every child develops
at their own pace, these
milestones are just a
general guide.



24 MONTHS

Kicking balls, standing on
tiptoes, climbing furniture

May start showing preference
for using one hand over the
other. May be able to scribble,
turn doorknobs, with improved
hand-eye coordination

IDEAS TO ENCOURAGE ACTIVE PLAY

INDOORS



Inflate some balloons and see who can score the most goals by tossing them into the laundry basket

Plan a mini treasure hunt by hiding some of their toys around the house



CREATE A "SAFE ZONE" WITHIN YOUR HOME



BE CREATIVE! USE WHAT YOU ALREADY HAVE TO ENGAGE YOUR CHILD IN A SAFE AND FUN WAY!



Use pillows and cushions to build a fort or a mini obstacle course for your child to safely climb and crawl through.

Turn on your favourite tunes and have a spontaneous dance party together in the living room!



IDEAS TO ENCOURAGE ACTIVE PLAY

OUTDOORS



**Blow some bubbles.
Let your child run
around and see how
many they can catch!**



**Encourage your child to get
creative with the way they
interact with the environment
around them. See what they
can build or what new games
they can come up with!**



MAKE ROUTINE TRIPS TO YOUR NEIGHBOURHOOD PARK OR PLAYGROUND



**Play ball games, let them ride
around on their tricycles,
bikes or scooters**

**Classic games like hide and seek
work wonders to keep your child
both active and engaged.**



IT'S ALL PART OF THE PROCESS...



It is important to remember that at this age, toddlers often learn their limits by testing them.

As such, even though it can be understandably worrying at times, a few tumbles along the way are likely and common, and a normal, healthy part of how they learn.



As such, try to focus on making their environment reasonably safe, supervise closely, and let your toddler explore!

