



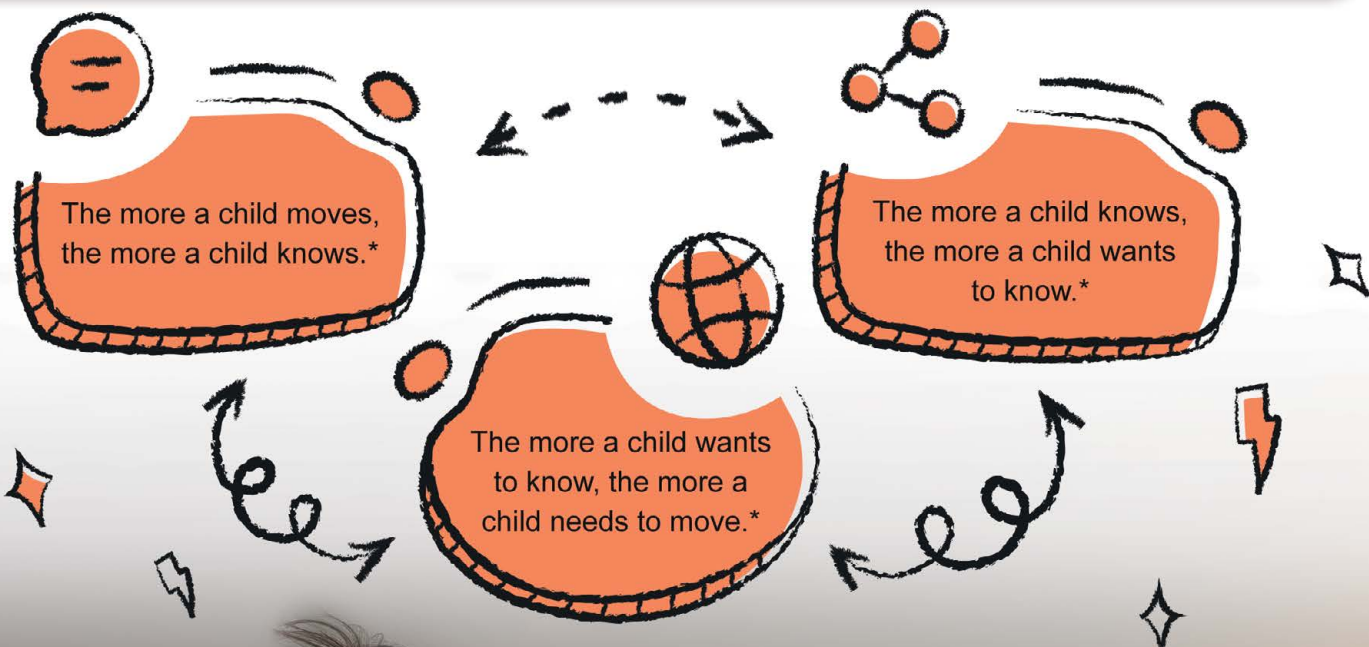
Movement for Toddlers



The Why



As soon as your baby is born they start exploring the world through movement. Stretching out to see how long they are, rolling over, stretching to reach a toy and experimenting with how things feel, often by putting them in their mouth. Movement helps children to learn.



*Quote by Gill Connell and Cheryl McCarthy – 2014.

AIM FOR AT LEAST
180 MINS PER DAY
FOR CHILDREN 1-5 YEARS

Toddlers
(aged 1 to 2)

Aim for 11-14 hours of good quality sleep including naps, with regular sleep and wake-up times.

SLEEP 

Every Movement Counts

MOVE 

Be physically active throughout the day, every day for at least 180 minutes.

Try Active play such as riding a bike, or chasing and ball games.

Include light activity such as standing up or moving around, and more energetic activity like skipping or jumping.



PLAY



OBJECT PLAY



DANCE



RUN/
WALK

**A Healthy Day
for Toddlers** (aged 1 to 2)



NO screen time between birth – 24 months except for video chatting with family and friends.
Children aged 2 – 5 years old should not be on screens for more than 30 min per day.

(Source Health Professionals for Safer Screens)

The How



You are the most important thing in your child's life, their favourite plaything. They don't need any expensive toys, just some time with you. Turn off the TV, put away your phone and get playing, laughing and having fun.

In this booklet you will find lots of simple, low cost/free activities to do with your toddler.

Talk

Talk about what you are doing, like a running commentary, your toddler listens and learns. Listen to your toddler talking and answer the many 'Why' questions, they are curious little people.



Moving Fun

Encourage your toddler to try different ways of moving - tip toeing, stomping, crawling, slithering. Encourage them to move like different animals. Especially activities where they are getting stronger arms and shoulders. This will help with writing when they get to school.



Ball Play

Play with a ball, roll, kick, throw with your toddler. Roll the ball and encourage them to run after it. (Large light balls are best to start with). Balloons and bubbles are great fun for toddlers too, they can pop them or keep them up. Encourage them to use different parts of the body.



Hide & Seek

Play hide and seek. Count to ten with your toddler, hide somewhere where it is easy to find you and where you can see your toddler all the time.



Walking Activities

Go for a walk. Encourage your toddler to jump over cracks in the pavement, balance on kerbs, jump in puddles, roll down hills. Don't force them to do anything they are anxious about, encourage and support them. Push them in a baby swing at the park, encourage them to go on a low slide, you might have to go on with them at first. Talk about things you see when you are walking.



Action Songs

Toddlers love listening to you sing and enjoy joining in with the actions.



Sit & Ride

Play on sit and ride toys, like trikes and balance bikes. Encourage toddlers to push and pull things. Take their toys for a ride. (If you do not have any of these, look for activities in centres near you).



Messy Play

Put on some old clothes or waterproof overalls. Encourage toddlers to play with different textures, mud, shaving foam, water, paint etc. Children learn a huge amount playing and experimenting like this.



Rough & Tumble

Rough and tumble play – encourage toddlers to climb on you, tip them upside down gently, swing them around. Help them to jump high.



Help around the House

Do the chores – encourage toddlers to help around the house. How quickly can they put their toys away? Can they help you peg out the washing? Can they sort the washing into piles depending on who it belongs to. Can they carry some shopping in? Nothing too heavy, or breakable! Can they help make a meal? Toddlers love mixing and cooking.



Stepping Stones

Age Range
6-14 Months

The Stepping Stones show the journey a child will make; however, the timings may be different, all children are unique and will develop at their own pace.

*If you have a concern about your child, don't sit at home worrying about it, speak to your Health Visitor who will be able to give you advice.

Children at this age are becoming increasingly more adventurous. They will still need your help and support when they are learning new things. Encourage them by saying things like, "Don't worry I won't let you fall", "I've got you", working towards, "I'm here if you need me". Celebrate their achievements, talk about what they have done, which bits they liked and if some were a bit scary. Repeat the activities many times, children need lots of practise.



Commando
crawling

Up on
all fours

Rocking

Grasping
things and
after a while
learning to
drop things.

Lots of
picking up
for you!

Sitting on
their own

Crawling

Age Range
9-24 Months

Age Range
20+ Months

Pulling up
to stand

Running

Cruising around
the furniture

Bobbing up
and down to
pick things up

Standing
on their
own

Jumping on
two feet

Climbing on
furniture or stairs

Developing
upper body
strength

Trying to put
finger food in
their mouths

Walking
unaided

Learning to
play with
objects,
kicking,
throwing

Stepping Stones



Movement for Toddlers

Active Start –

Supporting children to be healthy, to learn and be active for life.



For more information please visit:

www.activecumbria.org

Family Hubs provide a range of useful information, advice and support for you and your family. Follow the QR codes to find out more:



Westmorland
& Furness
Council



Active
Partnerships