

TODDLER HEALTH & WELLNESS



Working on gross motor skills helps a child gain strength and confidence in his/her body. It also helps them get exercise and physical activity, which is important for a healthy lifestyle.

BEING HEALTHY



Teach your child how to bathe, brush their teeth, and wash their hands.

Talk about how keeping your body clean is part of

being healthy. *10.2 Yt.A Healthful Living*

BALANCE FUN



Play an action game to practice balance skills.

Ask your child to jump, stand on their tip-toes, or kick a ball. Balance reduces

the likelihood of injury and increases play with peers. *10.4 OT.B Balance and Strength*

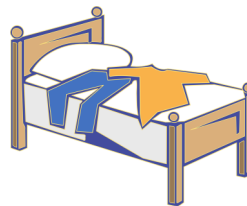
IDENTIFICATION



Intentionally label body parts when engaged in daily routines throughout your day.

Name the nose when wiping it with a tissue, name a foot when helping them put on their socks, etc. *10.1 Yt.B Concepts of Health*

FINE MOTOR SKILLS



Encourage your child to dress themselves.

Practice snapping, Velcro, zippers, buttons,

etc. Developing fine motor skills helps build important future skills like writing and self-care. *10.5 OT.A Fine Motor Development*

PENNSYLVANIA LEARNING STANDARDS FOR EARLY CHILDHOOD: TODDLER

The Department of Education and the Office of Child Development and Early Learning use a Standards Aligned System. The Pennsylvania Learning Standards for Early Childhood are designed to support learning. The key areas explored in these activities are Healthful Living, and Gross and Fine Motor Control.

10.1 CONCEPTS OF HEALTH

Big Idea: Awareness of health concepts provides a foundation for healthy decision-making.

10.1 YT.B Locate basic body parts when asked.

10.2 HEALTHFUL LIVING

Big Idea: Children need to make healthy choices to optimize their learning potential.

10.2 YT.A Engage in fundamental practices for good health.

10.4 PHYSICAL ACTIVITY—Gross Motor Coordination

Big Idea: Children gain control over their bodies and body movement through active experiences and exploration.

- 10.4 OT.B Demonstrate balance and strength when performing gross motor activities.

10.5 CONCEPTS, PRINCIPLES, AND STRATEGIES OF MOVEMENT —Fine Motor Coordination

Big Idea: Fine motor practice helps children develop eye-hand coordination, strength, and controlled use of tools.

- 10.5 OTA Coordinate use of fingers, hands, and wrists to accomplish actions.