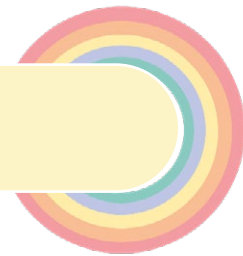


2-3 Physical Development



Overview

What is physical development?

Including factors like strength and movement, physical development relates to your child's ability to move their body with coordination and stability. This encompasses the movement of the large muscles in the arms and legs (gross motor skills or development) and the movement of small muscles in the fingers, face and feet (fine motor skills or development). Between two and three years old, your child will probably really be working on the coordination and control of their fine and gross motor skills.

If you have any concerns about your child's development, please speak to your health visitor or GP.

For more specific examples of what physical development looks like between two and three years, watch our video **Explained for Parents**. Alternatively, download and read the information in our **Parent Guide**, which goes into more specific detail.

What should I expect from my two to three-year-old?

Between two and three years old, your toddler will likely be pretty mobile - in fact, you might feel like they never stop moving! They will probably be increasingly independent in getting dressed and undressed, drawing and engaging in a range of games and activities - but they will still need support at times! Playing games, such as catch, together works on their physical and social skills and helps them meet key milestones for this age range.

For a full list of developmental milestones that your child might show at this age, here is our **I Can Milestones Overview**.



How can I support my child's physical skills?

Two-year-olds can be pretty complex! You will probably find they want your help one minute, then absolutely refuse it the next. This is all part of their personal and emotional development but it does have an impact on their physical development too. It's important that your two-year-old has chance to try to do things by themselves - even if it's just opening a bottle or pulling their socks off - to help them build the skills they need to be able to do the task well.

And, of course, play! We have designed games and activities specifically around physical development for two to three-year-olds as part of our play-based Twinkl Tots course. The activities are simple to set up and can often be done anytime, anywhere, making them truly flexible to your situation. Take a look at some of our activities [here](#).



Disclaimer: Welcome to Twinkl Tots. We hope you find the information on our course and resources useful. This course is provided for informational and educational purposes only. As all children are different and develop at their own pace, your child might show development at different times or in different ways. Our aim is simply to give you general guidance and the information may not apply to your specific situation. If you have any concerns about your child's development, please speak to your health visitor or GP.

