

# 2-3 Physical Development

## Parent Guide

Welcome to Twinkl Tots. This parent guide focuses on what physical development means and the typical milestones you might expect your two to three-year-old to be meeting when it comes to these physical skills. Like with everything you come across while exploring our Twinkl Tots course, please remember that all children are different and develop at their own pace. Your child might show the development of these skills at different times or in different ways. However, we will look at milestones that are fairly typical for this particular age group.

This parent guide also suggests several ways you can support your child's physical development between two and three years old. Alongside the activities we have designed for this Twinkl Tots course, these simple, play-based suggestions should be able to be slotted into your everyday life. We know life as parents can be really busy so we're here to help make supporting your child as easy as possible.

## What do they mean by 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 toddler will likely be pretty mobile - in fact, you might feel like they never stop moving! At this stage of development, your child will be really working on controlling their fine and gross motor skills, building more coordination, control and the ability to move in different ways. This will help them become more independent in getting dressed and undressed, drawing and engaging in a range of games and activities.

## Ways to Support Your Child's Physical Development

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. Here are some simple ways to help your child work on the fine and gross motor skills they need at this stage of development.



# Ways to Support Your Child's Physical Development

## Introduce Games

Although your two-year-old does need time to play on their own (discussed in more detail later), they still relish the opportunity to play with you and others. This is a great age to introduce more games and challenges where they can work and play with others to build their physical, communication and social skills all at the same time.

Below are some suggestions for games suitable to play with two-year-olds that also develop their physical skills:

- catch
- football (the basics anyway!)
- 'What's the time Mr Wolf?'
- hide and seek
- obstacle course
- do the Hokey-Cokey
- 'Simon Says'
- board games
- fishing games

## Milestones This Supports:

I can throw and catch a large ball.



I can walk up the stairs using one foot on each stair (maybe holding onto something for support).

I can stand on one foot for a few seconds without holding onto anything.



I can kick a large ball with one foot, without holding onto something for support.



I can jump forwards a little way and also into the air.

I can walk and run safely on different surfaces.





I can fit myself into spaces such as tunnels and dens.





## Encourage Independence

Many toddlers love to help! By asking them to put bits of shopping away, tidy up toys or give something to their sibling, you are getting much more than just a bit of extra help (although that is lovely!). You are helping them learn to follow instructions, including ones with verbs (action words) and practise prepositions and directions. And don't forget social conventions such as manners! 'Please can you put your shoes on top of the bench and hang your coat up over there?' - so much learning in one sentence! If your toddler is more reluctant to follow instructions, try making them a challenge instead, e.g. 'Can you put this book back on the shelf before I count to 10?'. Making it playful can be a great motivator for children.

### Milestones This Supports:




I can try to be more independent when I'm getting dressed or undressed.






I can begin to build independently with different materials.

I can walk up the stairs using one foot on each stair (maybe holding onto something for support).



I can feed myself and drink from a cup without spilling.



I can put on and take off my coat and shoes or boots.



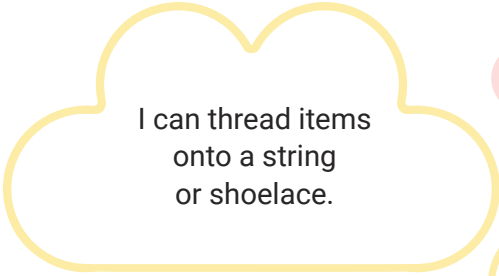
# Ways to Support Your Child's Physical Development

## Keep Things Interesting


If you can, provide chances for your child to play in different places - whether this is different rooms in the house, in the park, in the garden or even at the shops. This not only helps to engage their attention (something that can be tricky at this age) but also gives them fresh challenges that can use different muscles and support different skills.

You might like to try having a regular 'toy rotation' in the house. Again, this engages your child's attention, sometimes making it more likely that they will engage in an activity. Similarly, try setting up seemingly random activities at unexpected times and - this is the key - leave it! Let your child discover it themselves. They may ask you what it is, so you can give them a quick demonstration, but they also may want to just explore themselves. Either way, you can give them great learning opportunities without that much effort on your part. Try chopping up some wool into a tray, providing bowls, scoops and tongs for your child to work on their fine motor skills with - you might be surprised how long this can keep them busy! Or, pop some chunky threading beads in a tray with some string or shoelaces to keep their fingers and minds working.

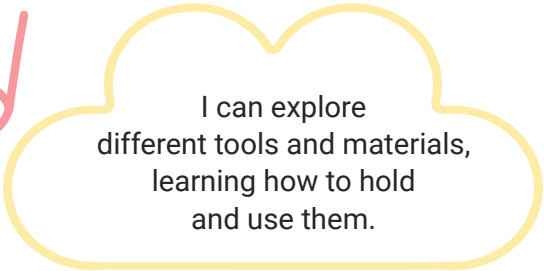
### Milestones This Supports:



I can thread items onto a string or shoelace.



I can use my thumb and fingers to hold mark-making tools.



I can explore different tools and materials, learning how to hold and use them.

For a more detailed look at the physical development milestones you might expect at this age, and more ideas for simple activities to do at home, take a look at our play-based Twinkl Tots course, which is designed specifically to support you, and your little one, at home.

**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.

