



# Movement

## Toddler

### General

- Allow your toddler to be active every day - preferably several times a day. Your toddler is very good at letting you know when they are tired.
- Your toddler will not try to do things that they are not ready for. Just let them do their thing. Don't be afraid if they want to climb a wall, the climbing frame or the stairs of the slide.
- Encourage your toddler to move by creating a challenging environment. Create a room with obstacles, such as hills (an ottoman, mattress or pillows), tunnels (a tent made of sheets or a large box) or climbing options (a reclining chair or round cushions).
- Don't always put your toddler in the stroller; let them walk on their own more often.
- Your toddler will soon be able to climb stairs alone. Don't always lift your toddler, but help them practice. Let them try on their own, but stay close.
- Falling does not have to be a bad thing; your toddler also learns from falling. Give your child that experience!

### Games and playing

- Your toddler learns more from imitation games than from explanations. A game that involves showing by doing is the best.
- Your toddler learns to move by trying, imitating and repeating. Play games and sing songs a few times in a row. Your toddler will try to imitate you!
- Your toddler can't make complicated movements yet, so use large movements that they can imitate easily.
- Your toddler is still moving with their entire body, so let them walk, cycle with training wheels, run, dance, jump, climb, clamber, crawl and frolic. These are all movements where your toddler uses their whole body!
- Use different materials such as soft balls, bean bags, empty bottles (with the top on), hoops, cloths and clothes pegs. Give your toddler easy and short assignments, let them discover things to do with them. For example: 'What can you do with this bean bag? Give it a try.' Your toddler will automatically go on a journey of discovery.
- Don't always keep your toddler's toys within reach. Have them crawl, tiger crawl or walk to find them.
- Play outside as much as possible with your toddler, even in bad weather. Outdoor air is healthy and your toddler will have plenty of space to run around.
- Play along and encourage them to play and move. Toddlers love it when mom or dad join in.
- Try playing a game using your toddler's imagination. Your toddler lives in a world of fairy tales and fantasy, so they will understand the game faster. For example, daddy becomes a big lion and goes looking for a friend to play with, mommy becomes a car and your toddler gets to ride, the ottoman becomes a boat and the couch becomes an aeroplane.