

Movement - Toddler






Toddlers learn a great deal through movement and play. Running, climbing, jumping, dancing, and going on their own explorations help your toddler learn more about their body and the world around them. With these tips, you can encourage your toddler to be active.

General tips

- Give your toddler the opportunity to be active every day. Preferably several times a day. Your toddler is very good at letting you know when he is tired.
- Your toddler will generally not do things on his own that he can't do (yet) So, let him go his own way. Do not be afraid if your toddler wants to climb onto a low wall, enter the climbing frame, or climb the slide's stairs on their own.
- Encourage your toddler to move by creating a challenging environment. For example, set up a space with obstacles such as little hills (a pouf, mattress, or cushions), tunnels (a tent made of sheets or a large box), or climbing opportunities (a chair lying on its side or round cushions).
- Don't always put your toddler in the stroller; let him walk by himself more often.
- Falling doesn't have to be a bad thing; your toddler learns from falling too. In fact, having those experiences actually helps your child.
- Your toddler will soon be able to climb stairs on their own. Instead of always picking your toddler up, help him practice instead. Let him try it on his own, but always stay close by to catch him.

Playing and games

- Your toddler learns more from imitating a game than from listening to a verbal explanation. Demonstrating the game works best.
- Your toddler learns to move by trying things out, imitating, and repeating. Therefore, play games and sing songs a few times in a row. Your toddler will try to imitate you.
- Your toddler cannot yet make complex movements. Make large movements that he can easily imitate.
- Your toddler still moves with their entire body. Therefore, let him walk, ride a bike with training wheels, run, dance, jump, climb, clamber, crawl, and roughhouse. These are all movements in which your toddler uses their whole body.
- Use various materials such as soft balls, beanbags, empty bottles (with the caps on), hula hoops, cloths, and clothespins. Give your toddler easy and short tasks and let your toddler discover for himself what he can do with them. For example: "What can you do with this beanbag? Give it a try." Your toddler will discover more on his own.
- Do not always place your toddler's toys within easy reach. Let him search for them by crawling, scooting, or walking.
- Spend as much time as possible playing outdoors with your toddler, even in less-than-perfect weather. Fresh air is healthy, and being outside gives your toddler the space to run around to their heart's content. This will also help them sleep better.
- Join in yourself; this challenges your toddler to play and move. Toddlers love it when Mom or Dad joins in with them.
- Try playing a game by tapping into your toddler's imagination. Your toddler lives in a world of fairy tales and fantasy; as a result, he will grasp the game much more quickly. For example: Daddy becomes a big lion looking for a friend to play with; Mommy becomes a car, and your toddler gets to go for a ride; the pouf becomes a boat, and the sofa becomes an airplane.



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