

Physical Development

Babies aged 0 - 1 year

My Physical Development during the first two years will be rapid. Through developing my strength, I will become increasingly mobile which will allow me to grasp and pull objects toward me, crawl and pull myself up which will lead into the major milestones such as walking. As well as mastering all of the large physical skills I will also begin to develop more advanced fine motor skills. By the time I reach my second birthday, I will become increasingly independent and you will see me performing tasks requiring balance and hand-eye coordination.



Allow me space and time to stretch and kick, both on my tummy and my back. This allows to me to develop strong legs, neck and shoulder muscles



Ensuring my toys are within my reach, before I start to move will encourage me to stretch forward, leading into crawling



Allowing me the opportunity to cruise around furniture will help develop my strength and confidence when I start to walk on my own



During everyday routines, sing and play finger rhymes with me such as Round and Round the Garden, 1, 2, 3, 4, 5 and Pat-a-Cake, these will help me with my co-ordination