

Physical Development

Babies aged 1 - 2 years

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.



At mealtimes, let me feed myself; it might get messy, but it is important for me to master co-ordinating my fine motor skills



I need you to help me develop my understanding of risk, as I will try lots of things physically that may not be safe or which need more control, such as climbing up and down the stairs.

Play some music to help me practice different ways of moving, dance with me, it will be lots of fun!



When I try to dress myself please let me, it might take a little longer, but this shows I am becoming more co-ordinated

