

Physical Development



Moving & Handling

Fine Motor Skills

Little hands need to develop dexterity and strength. You can help this process by encouraging your child to play, explore and interact with a variety of items.



Turning the pages of their books



Threading with pasta shapes or buttons



Helping to peg out the washing



Practicing fastening buttons, zips or poppers



Have fun with stickers



Pushing the button at the Pedestrian Crossing



Colouring or drawing



Peeling their own fruit



Completing simple puzzles