

## The Early Years Teams Top Tips – Physical:

### Encourage movement

Encourage your child to move as much as possible. If they are not yet walking or crawling encourage them to stretch and reach for things. For more mobile children, activities like dancing, crawling through tunnels, or soft play can build strength and coordination.

### Adapt everyday objects

Modify common household items to support your child's physical abilities. For example, use non-slip mats, child-friendly cutlery with easy grips, or adaptive clothing to promote independence in daily tasks.

### Encourage fine motor skills

Provide activities that promote fine motor development, such as drawing with thick crayons, playing with playdough, or threading large beads. These tasks help strengthen hand muscles and improve coordination.

### Modify the environment for accessibility

Ensure your home is physically accessible for your child. Position toys, books, and objects at their level, and remove obstacles that could hinder movement, making it easier for them to engage independently.

### Celebrate movement and physical milestones

Acknowledge your child's achievements, no matter how small. Encouraging and celebrating physical progress, like reaching for a toy or moving from one place to another, builds confidence and motivation.

### Get everyone involved

Children with SEND are more likely to be physically active if their family joins in, because family members are role models to children. Playing a game or being physically active as a family supports everyone's physical and mental health.

### Bath time fun

Offering cups and spoons at bath time can be a great way to work on scooping and pouring skills.

## Make music

Noisy toys like shakers and drums can support and encourage physical movements. Dry pasta in a small plastic pot works well too!

## Go outside

Fresh air and natural light are important for physical health and development. Being outside can also support physical development from jumping in puddles to catching raindrops on your tongue.