

# Physical and Motor Development

*The emphasis in this domain is on physical health and development as an integral part of children's well-being and ability to take advantage of educational opportunities. The components address gross motor development, fine motor development, and physical health, nutrition, safety, and self-care.*

## **Strategies FAMILY MEMBERS can use to facilitate children's *GROSS MOTOR DEVELOPMENT*:**

- Support children's needs to move and be active
- Provide opportunities and time for outdoor large motor play
- Encourage children to learn and practice new skills
- Make physical activity part of everyday life

## **Strategies TEACHERS and CAREGIVERS can use to facilitate children's *GROSS MOTOR DEVELOPMENT*:**

- Acknowledge and support children's need to move and be active by planning daily physical activity
- Provide adequate time for children to practice, explore, and expand their motor skills
- Support individual variations in gross motor development
- Provide space and equipment that allow for outdoor play and large motor activities that are fun and challenging



## EARLY CHILDHOOD INDICATORS OF PROGRESS\*

### Children show progress in **GROSS MOTOR DEVELOPMENT** when they:

1. Develop large muscle control and coordination
2. Develop body strength, balance, flexibility, and stamina
3. Use a variety of equipment for physical development
4. Develop ability to move their body in space with coordination

\* *These indicators apply to children in the preschool period of ages three to five. They are based on expectations for children approximately four years of age.*

### Strategies **COMMUNITY MEMBERS** can use to promote children's **PHYSICAL AND MOTOR DEVELOPMENT**:

- Provide parks and recreation programs and activities that support large motor and small motor development
- Provide community health programs for young children and families including immunization clinics
- Provide health education for families of young children
- Provide nutrition programs for families with young children
- Provide child safety education for family and community members
- Develop and support prevention and intervention programs that encourage children's development
- Ensure children's health and safety needs are met and intervene when they are not

### Strategies **POLICYMAKERS** can use to promote children's **PHYSICAL AND MOTOR DEVELOPMENT**:

- Provide resources to communities to help meet fine and gross motor development needs of all young children
- Provide universal health programs for all young children
- Ensure nutrition programs are available to all eligible young children
- Support policies that ensure child safety
- Promote policies that help families meet basic needs
- Support early identification and intervention for health, learning, and development needs
- Support community-based screening programs for young children

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## **Strategies FAMILY MEMBERS can use to facilitate children’s FINE MOTOR DEVELOPMENT:**

- Provide opportunities for manipulation of small objects or tools in normal daily activities
- Provide opportunities for play with small manipulative objects and toys (e.g., puzzles, blocks, beads)
- Provide opportunities and materials for writing and drawing in the home
- Model uses of writing and drawing in everyday tasks

## **Strategies TEACHERS and CAREGIVERS can use to facilitate children’s FINE MOTOR DEVELOPMENT:**

- Provide adequate time and appropriate materials for small motor, drawing, cutting, and handwriting development
- Plan activities that support the development of fine motor skills, with adaptations as needed
- Provide a variety of manipulative materials and activities for play and exploration
- Model the use of writing and drawing in everyday activities



## EARLY CHILDHOOD INDICATORS OF PROGRESS\*

Children show progress in ***FINE MOTOR DEVELOPMENT*** when they:

1. Develop small muscle control and coordination
2. Use eye-hand coordination to perform a variety of tasks
3. Explore and experiment with a variety of tools (e.g., spoons, crayons, paintbrushes, scissors, keyboards)

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## **Strategies FAMILY MEMBERS can use to facilitate children's *PHYSICAL HEALTH AND WELL-BEING*:**

- Secure adequate nutrition for children
- Establish routines for eating, rest, and bedtime
- Ensure adequate exercise and physical activity
- Take children for regular well-child and dental examinations
- Take children for developmental, vision, and hearing screening
- Provide safe home and play environments for children
- Show children how to take care of personal care tasks, and help them when necessary (e.g., brushing teeth, wiping nose)
- Encourage children to show independence in self-care tasks (e.g., dressing, toileting, washing hands, feeding oneself)

## **Strategies TEACHERS and CAREGIVERS can use to facilitate children's *PHYSICAL HEALTH AND WELL-BEING*:**

- Ensure safety of children through adherence to state and local regulations
- Provide health education for families and children
- Protect children from abuse and neglect
- Model health and safety practices during regular activities
- Provide time for exercise and physical activity
- Provide instruction in basic health and safety rules (e.g., washing hands, covering mouth when coughing or sneezing, taking care when using sharp objects)
- Encourage children to show independence in self-care tasks (e.g., washing hands, buttoning, fastening zippers, wiping nose)



## EARLY CHILDHOOD INDICATORS OF PROGRESS\*

Children show progress in **PHYSICAL HEALTH AND WELL-BEING** when they:

1. Participate in a variety of physical activities to enhance personal health and physical fitness.
2. Follow basic health and safety rules
3. Recognize and eat a variety of nutritious foods
4. Demonstrate increasing independence with basic self-care skills

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