

# TEN TOP TIPS FOR MOVEMENT - TODDLERS

AGE  
**1-3**  
TODDLER

**GREATER MANCHESTER**  
DOING THINGS DIFFERENTLY FOR OUR CHILDREN & YOUNG PEOPLE

Toddlers want to be physically active, they have lots of energy to burn and they need to experience all kinds of different movement. Below gives you things you can do as part of your normal routine in your home and out.

**1 Move with me.** I love music especially if I can move to it with you. Try different party games like musical statues.

**2 Let me move as much as possible.** Add some fun like asking me to speed up, slow down, tip toe and jump.

**3 Give me time to play.** Show me how to play. Support me in my play. Get down on my level, this helps me engage with you.

**4 Encourage me to move more when we are at home.** I love going on adventures and the best bit is that I can explore, climb and crawl without even leaving the house.

**5 Balancing.** Try making a balancing path for me to follow with chalk or tape. See if I can do it without stepping off, make it shorter or longer, or send it in different directions.

**6 Help me make my arms strong, this will help me learn to write.** Throwing different objects helps me master hand eye coordination and make my arms strong.

**7 I like to be barefoot, get me to take off my shoes.** Let me explore different textures with my feet, fill a bowl with water, newspaper or rice.

**8 Let me get messy.** As long as I'm dressed sensibly, I'll be able to move more independently. Let me make you a mud pie by filling empty containers/buckets with different textures.

**9 Help me to do things by myself.** This could include helping with household tasks like tidying my room - if you show me what to do I will love to try and help.

**10 Give me time to play outside.** This will help me to be more active and learn about the natural environment.

All activities can be adapted for those with disabilities. Support your child to move as much as possible (arms, legs, head). If in a wheelchair and there's room, spin on the spot and move around; build up the energy in the room. Where movement is not possible as suggested, aid them to touch and feel the equipment to involve them in the activity.



The Ten Tips for Movement are part of Greater Manchester's work to give every child the best start in life. Find out more by visiting: [greatermanchester-ca.gov.uk](http://greatermanchester-ca.gov.uk)