



Physical Development Milestones Checklist^{4,14}

Handout C5



At this stage of development, my child may...

- Hold a crayon and make scribbles
- Walk backward
- Walk sideways
- Jump while lifting both of their feet into the air
- Walk up and down stairs as I closely supervise them
- Use both of their feet to make themselves move when they're playing on a riding toy

Reminder...
Children grow and develop at different rates. Your child may be following a different path than other toddlers the same age.

How I can support physical development...

- Encourage them to use the small muscles in their hands by allowing them to help with simple tasks in the kitchen like stirring a salad or adding vegetables to a recipe
- Give my child opportunities to dress themselves by letting them try to do things like fasten their buttons or zip up their zipper
- Join them in playing with art materials like crayons, markers, and paints
- Play outside or in open areas with them where they have plenty of room to run, jump, climb, kick balls, etc.
- Help them practice moving their body in different ways by encouraging them to do activities that have them stop and go, switch directions, move fast and slow
- Play music for them and join them in dancing

