



## Physical Development Milestones Checklist<sup>4,14</sup>

### 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

