



Physical Development Milestones Checklist^{5,17}

Handout C10



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

- ☐ Copy me drawing lines and circles
- ☐ Turn doorknobs or handles
- ☐ Use safety scissors to cut paper
- ☐ Turn the pages of a book
- ☐ Run without bumping into objects
- ☐ Climb a ladder or other playground equipment
- ☐ Pedal a tricycle or other ride-on toys that have 3 wheels

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 turn the pages of a book when we read together
- ☐ Join them in playing with art materials like paints, markers, crayons, and safety scissors
- ☐ Gather clothes from around my home and encourage them to play dress-up so that they can use their fingers and hands to do things like put on gloves or fasten buttons
- ☐ Play pretend by acting like animals together. For example, I might encourage my child to waddle like a penguin or hop like a rabbit.
- ☐ Build a homemade obstacle course using things like boxes and pillows and support them to use different body movements as they go through the course
- ☐ Provide them with opportunities to play outside or in open areas where they can practice skills like running, jumping, twirling, etc.

Remember, the Daily Do *5 Steps to Success* can also guide parents in helping their children learn new physical skills.