

# Birth to three

## Examples to support learning

Encourage independence. Offer a range of opportunities for children to move by themselves, making their own decisions about direction and speed.

**MOVE**

Some babies need constant physical contact, attention and physical intimacy. Respond warmly and patiently to them.

Offer outdoor play every day for at least 45 minutes. Include lots of opportunities for children to move freely and explore their surroundings like a slope, a large hole, puddles or a sandpit. Consider wider opportunities for movement. Suggestions: using large moveable resources like hollow blocks, swinging on monkey bars, soft play, climbing walls, crawling into tunnels and dens. Consider going to suitable local facilities.

Provide babies and toddlers with lots of opportunities to feed themselves. Encourage them to dress and undress independently. Be patient, do not rush and take time to talk about what they are doing and why: "It's a bit cold and wet today – what do we need to wear to keep warm and dry?"

Provide materials and equipment that support physical development – both large and small motor skills. Encourage children to use materials flexibly and combine them in different ways. Check that children's clothing and footwear are not too tight or too large.

Include risky and rough and tumble play, as appropriate.

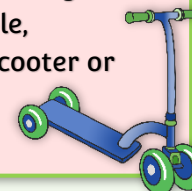
## Physical Development 1



Provide adequate, clean floor space for babies to experience tummy-time and back time. Offer this frequently throughout the day so that they can develop their gross motor skills (kicking, waving, rolling and reaching).

Join in with children's movement play when invited and if it is appropriate. Then you can show different ways of moving and engaging with the resources.

As soon as children are able, encourage 'active travel' to and from the setting – for example, walking, scooter or bike.



Encourage babies to sit on you, climb over you, and rock, bounce or sway with you.

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Provide a wide range of opportunities for children to move throughout the day: indoors and outside, alone or with others, with and without apparatus.

Use everyday, open-ended materials to support overall co-ordination. Suggestions: sponges and cloths to hold, squash and throw, or wet and squeeze.

Notice, cherish and applaud the physical achievements of babies and toddlers.



Encourage young children's personal decision-making by offering real choices – water or milk, for example.

They can comment on how to eat healthily, listen to children's responses and develop conversations about this.

Provide lots of different things for young children to grasp, hold and explore, like clay, finger paint, spoons, brushes, shells.



## Physical Development 2

Help young children learn what physical risks they are confident and able to take.

Encourage children to climb unaided and to stop if they do not feel safe. If you lift them onto the apparatus and hold them so they balance, they will not develop a sense of what they can do safely.

Encourage good eating habits and behaviours, such as not snatching, sharing and waiting for a second helping.

At meal and snack times, encourage children to try a range of foods as they become more independent eaters. Encourage children to help with carrying, pouring drinks, cleaning and sorting.

Provide different types of paper for children to tear, make marks on and print on.



Give babies time to move freely during care routines, like nappy-changing.

Provide a range of surfaces and materials for babies to explore, stimulating touch and all the senses.

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