

Children's Occupational Therapy Service

Move and play 2 - 3 years



By now your child should be very busy exploring the world around them. They will probably be keeping you very busy too!

Your child will learn new things by moving, climbing and copying the everyday things they see you doing.

Here are some games you can play with your child to help them become a skilled mover.

- Play ball games with your child such as rolling, throwing, catching and kicking. Practice of these will develop hand-eye co-ordination and balance and help strengthen their muscles.
- Take time to play outside in the fresh air. Blow bubbles for your child to run after and pop. Flying kites can be great fun too.
- Visits to the playground are enjoyable. Play equipment is good for developing more adventurous movement abilities such as climbing, spinning, swinging and sliding.
- Encourage your child to walk more e.g. holding your hand or pushing the buggy as you walk to the local park or shops.
- Encourage the use of ride-on toys and tricycles. By moving on these, the child will be strengthening up their leg muscles.
- Encourage your child to go up and down stairs as independently as possible, although on some occasions help may be required.

- Enjoy 'messy play' such as paint, glue and play dough so that your child can experience different textures and sensations.
- Scribbling and drawing with crayons, chalk and painting pictures is fun and will help to prepare them for using pencils later on.
- Although your child may now be more content to play independently, take time to get down on the floor to play together with your child. Use jigsaws and puzzles to learn about shapes and colours.
- It is important that children of this age have opportunity to mix with similar aged children, as they play alongside each other and copy one another, learning as they do so. Also encourage your child to be comfortable with being left with other adults e.g. staying with friends or at playgroup/nursery.



M Moving in different ways using ride-on and push-along toys and tricycles is fun.

O Obstacle courses are challenging and allow exploration by moving over and under, in and out, along and through play equipment, such as tunnels, e.g. cardboard boxes to crawl through, piles of cushions to climb over and lines on the carpet to walk along.

V Visits to the playground or park can be fun and allow more space for running about and using the play equipment.

E Encourage ball games, including rolling, kicking, throwing, catching and bouncing.

P Playgroups will have many different toys and equipment for your child to try.

L Lots of time to try new activities and practice new skills.

A Activities involving pens, crayons and paint will help your child learn about using their hands.

Y You do not need expensive toys or play equipment. Play opportunities are all around you at home or in the street and on the way to the shops.

Use this space to write down what progress your child is making and any questions you have for the professional who gave you this leaflet.

A large rectangular area with rounded corners, outlined in purple, containing 25 horizontal purple lines for writing.

If you have any concerns or would like further information about your child's development, please contact your public health nurse (health visitor) or:

Children's Occupational Therapy Service

Bridge Park Plaza

Bridge Park Road

Thurmaston

Leicester

LE4 8PQ

Occupational Therapy: 0116 295 2495

**If you
need help to
understand this
leaflet or would like it in
a different language or
format such as large
print, Braille or audio,
please ask a
member of
staff.**

Date implemented: July 2018
Last reviewed: June 2020
Review date: June 2022
Leaflet No. 431 - Edition 2
Replaces : ct3232