

Here are a few action rhymes
to help you on your way!

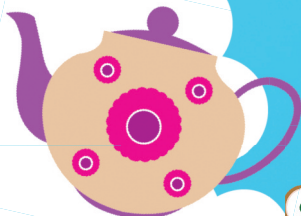
I'm A Little Teapot

**I'm a little teapot,
Short and stout**
(Stand still)

Here is my handle,
(Put hand on hip)

Here is my spout.
(Extend other arm)

**When I get all steamed up
hear me shout, Tip me up
and pour me out.**
(Bend to side of extended arm)



Teddy Bear, Teddy Bear

**Teddy Bear, Teddy Bear,
turn around, Teddy Bear, Teddy Bear,
touch the ground Teddy Bear, Teddy Bear,
show your shoe Teddy Bear, Teddy Bear
that will do! Teddy Bear, Teddy Bear,
go upstairs Teddy Bear, Teddy Bear,
say your prayers Teddy Bear, Teddy Bear,
turn out the lights Teddy Bear,
Teddy Bear, say good-night!**



Five Little Monkeys

Five little monkeys,
(Five fingers up)

Jumping on the bed,
(Bouncing up and down)

One fell out,
(One finger down)

And hurt his head
(Hold your head)

Mother called the doctor,
(Pretend to use the phone)

**And the doctor said,
"Four little monkeys jumping
on the bed."**

Four little monkeys...
(Reduce by one monkey each time and end with,
"Put those monkeys straight to bed!")

HARTLEPOOL
BOROUGH COUNCIL

Sure Start
Children's Centres
Hartlepool

Young Children's Physical Development



This leaflet is from a series of
four, each leaflet covers a
different area of development,
from birth to five years.

The Children's Hub
Hartlepool and Stockton-on-Tees





Physical Development



6 Months

Expresses discomfort, hunger or thirst.

Sleep and eating routines.

Head turns to side when cheek touched.

Reaches out for, touches and begins to hold objects.

1 Year

Grasps finger foods and brings them to mouth.

Can actively cooperate with nappy changing (lies still, helps by holding legs up).

Passes toys from one hand to another.

Walks around furniture lifting one foot and stepping sideways and walks with one or both hands held by adult.

18 Months

Develops own likes and dislikes in food and drink.

Show some awareness of bladder and bowel urges.

Beginning to balance blocks to build a small tower.

Walks upstairs holding hand of adult.

2 Years

Feeds self confidently with spoon.

Clearly communicates their need for toilet.

Turns pages in a book. Makes marks such as circles and lines.

Runs safely on whole foot. Can kick a large ball.

3 Years

Can tell adults when they are hungry or tired or when they want to rest or play.

Dresses with help, e.g. puts arms into coat, pulls up own trousers, pulls up zipper.

Uses one handed tools and equipment, e.g. scissors or a pencil.

Runs skilfully and negotiates space successfully adjusting speed or direction to avoid obstacles.

4 Years

Eats a healthy range of foodstuffs and understands need for variety.

Usually dry and clean during the day.

Uses simple tools to change materials or objects, e.g. patting, pulling, throwing, catching.

Experiments with different ways of moving, e.g. changing direction, climbing or balancing.

5 Years

Knows the importance for good health of physical exercise and a healthy diet.

Manages their own basic hygiene and personal needs successfully.

Handles equipment and tools effectively including pencils for writing.

Shows good control and co-ordination in large and small movements.

What adults can do

Talk to young babies as you stroke their cheek, or pat their backs, reminding them that you are there and they are safe.

Play games such as offering a small toy, rattle and playing peek-a-boo games.

Help children to enjoy their food and appreciate healthier choices by combining flavours with new tastes and textures.

Use feeding, changing and bathing times to share finger play such as 'round and round the garden.

Encourage efforts such as when child offers their arm to put their coat on.

Show babies different ways to make marks in dough or paint by swirling, poking or patting it.

Involve children in preparing food allowing them to pour their own drinks and serve their own food.

Talk to child about their movements and help them explore new ways of moving, e.g. quickly, slowly, high or low.

Talk with children about why you encourage them to rest when they are tired or when they need to wear wellies when it is muddy outdoors.

Encourage children to be active in a range of ways. Playing energetic and lively games, e.g. Tig.

Talk to your child about the effect on their body after exercise.

Provide time and space to enjoy energetic play every day.

Involve your child in making healthy choices around food and exercise, e.g. when shopping look at the different types of fruit and vegetables.

Engage your child in play with Lego, dolls clothes and cutting and sticking.

The most important thing to remember about development is that all children are different. These physical development milestones are a general description of what most children can do at certain ages. Your child may reach some milestones earlier and others later. If you have any concerns about your child's physical development, speak to your Health professional, someone at your Sure Start Children's Centre, nursery provider or school.

