

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

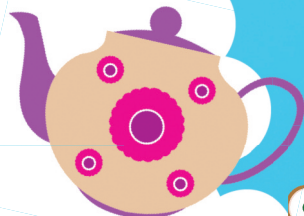
I'm A Little Teapot

**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!")

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.





Physical Development



6 Months	1 Year	18 Months	2 Years	3 Years	4 Years	5 Years
Expresses discomfort, hunger or thirst.	Grasps finger foods and brings them to mouth.	Develops own likes and dislikes in food and drink.	Feeds self confidently with spoon.	Can tell adults when they are hungry or tired or when they want to rest or play.	Eats a healthy range of foodstuffs and understands need for variety.	Knows the importance for good health of physical exercise and a healthy diet.
Sleep and eating routines.	Can actively cooperate with nappy changing (lies still, helps by holding legs up).	Show some awareness of bladder and bowel urges.	Clearly communicates their need for toilet.	Dresses with help, e.g. puts arms into coat, pulls up own trousers, pulls up zipper.	Usually dry and clean during the day.	Manages their own basic hygiene and personal needs successfully.
Head turns to side when cheek touched.	Passes toys from one hand to another.	Beginning to balance blocks to build a small tower.	Turns pages in a book. Makes marks such as circles and lines.	Uses one handed tools and equipment, e.g. scissors or a pencil.	Uses simple tools to change materials or objects, e.g. patting, pulling, throwing, catching.	Handles equipment and tools effectively including pencils for writing.
Reaches out for, touches and begins to hold objects.	Walks around furniture lifting one foot and stepping sideways and walks with one or both hands held by adult.	Walks upstairs holding hand of adult.	Runs safely on whole foot. Can kick a large ball.	Runs skilfully and negotiates space successfully adjusting speed or direction to avoid obstacles.	Experiments with different ways of moving, e.g. changing direction, climbing or balancing.	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.	Help children to enjoy their food and appreciate healthier choices by combining flavours with new tastes and textures.	Encourage efforts such as when child offers their arm to put their coat on.	Involve children in preparing food allowing them to pour their own drinks and serve their own food.	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.	Talk to your child about the effect on their body after exercise.	Involve your child in making healthy choices around food and exercise, e.g. when shopping look at the different types of fruit and vegetables.
Play games such as offering a small toy, rattle and playing peek-a-boo games.	Use feeding, changing and bathing times to share finger play such as 'round and round the garden.	Show babies different ways to make marks in dough or paint by swirling, poking or patting it.	Talk to child about their movements and help them explore new ways of moving, e.g. quickly, slowly, high or low.	Encourage children to be active in a range of ways. Playing energetic and lively games, e.g. Tig.	Provide time and space to enjoy energetic play every day.	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.

