



Five things to do with under twos: physical development

Build a tower. You can use blocks, stacking cups or any containers with lids. Let your child do the building or take turns and count how high you can make it. Let your child knock it down.

Sing songs with actions such as 'Row, row your boat' Try sitting on the floor and holding hands with your toddler leaning backwards and forwards in a rowing motion.

Imitate animals as your child crawls and walks. Try getting your child to hop like a frog, waddle like a penguin, walk on all fours like a dog (or cat), reach high like a giraffe. You can also share books with animal pictures before or after this type of activity.

Throw sponge or soft rubber balls. You can start by sitting apart with legs in a v shape and roll the balls between you. Older toddlers can try and toss these into a basket or other container (waste bins are good for this).



Indoors and outside, give children lots of practise at climbing onto objects, walking on different surfaces such as carpet, hard floors, grass, sand, mud, uneven ground. This helps establish their balance and coordination.