

Play Time with Your Toddler

Physical play is a great way for toddlers to develop motor skills, strength, and coordination. Physical play is also important for keeping your toddler active. Here are some examples of physical play:

- At the park:
 - Tossing or rolling a ball back and forth
 - Playing on the play structures *if the structures are safe and age appropriate*
 - Running
- In your backyard:
 - Playing jump rope or hop scotch
 - Riding a tricycle
 - On a hot day, set up the sprinklers and have the kids run around in their bathing suits!
- In your living room:
 - Play some music and dance!

