

Helping your child with their Physical Development

Repeated movement patterns like creeping and twirling, and sensory experiences like listening to music or playing in mud, sand, water, play an essential part in brain development.

Spending time playing on their tummies or backs is perfect for their development, it makes them aware of the internal organs and strengthens their neck and spine. Get down on the floor with them and enjoy the experience.



Ever wondered why children like to hang upside down, or spin round and round.



It's all to do with their vestibular system. It's why swings are so popular with children and roller coasters loved by children and us adults.



Having a cuddle, being gently rocked and being swung round and round is a great way to stimulate the vestibular system. Physical and emotional experiences like this are building and shaping your child's brain, creating nerve networks essential to later well-being and learning.



Throwing, catching, rolling and kicking balls is a great way to support co-ordination and social skills.

Peeling bananas



Threading pasta/beads/buttons



Playing with pegs



Dressing themselves

