



Mov'in My Muscles

Large Motor Development

Moving On

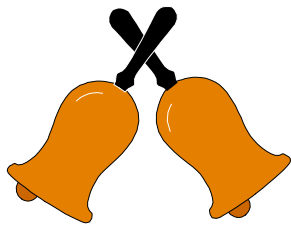
These skills help children gain control over their large muscles.

They also help children learn important concepts such as up, down, inside, outside, over, and under.

Toddlers love to explore spaces and climb over, through, and into things.

What you'll need

- Stuffed animal or toy
- Large cardboard boxes
- Pillows
- A large sheet
- A soft ball
- A large plastic laundry basket
- Elastic



What to do...

Pillow jump.

Give your toddler some pillows to jump into.

Toddlers usually figure out how to do this one on their own!

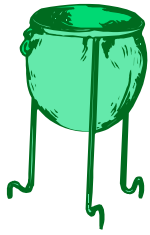


Box car.

Give your toddler a large grocery box to push around the room. He may want to take his stuffed animal or toy for a ride in it. If the box isn't too high--you'll most likely find your toddler in there, too!

A project of The Florida Partnership for Parent Involvement

Center of Excellence ♦ Louis de la Parte Florida Mental Health Institute ♦ Florida's Children's Forum
Home Instruction Program for Preschool Youngsters ♦ Hillsborough County Head Start ♦ Hillsborough County Even Start



Basketball.

Sit about 3 feet away from your toddler and hold out a large plastic laundry basket. Let him try throwing a ball into the basket.



Table tent.

Cover a table with a sheet that's big enough to reach the ground on all sides. This makes a great playhouse that's particularly good for a rainy day. Watch out for bumped heads!



Jingle bells.

Sew bells onto elastic that will fit comfortably around your child's ankles. Then watch (and listen to) the fun while he moves about or jumps up and down.

DEPENDING ON THE CHILD'S AGE, AND THE WIDTH OF THE ELASTIC, ADULT SUPERVISION MAY BE NECESSARY FOR THE ABOVE ACTIVITY.....

For more information contact:



The Center for Parent Involvement (FCPI) was funded by the U.S. Department of Education; Goals 2000, Educate America Act from 1994-1999. Guided by an advisory board of parents and professionals, the FCPI's goal was to tap the power of parents.

The FCPI gathered information on parent needs, coordinated the information, and created a series of resources organized by theme, including fact sheets for parents and professionals, "Beyond the Basics" resources, and resource identification lists. Many of the resources have been translated into Spanish language versions, and every effort has been made to preserve the meaning and flavor of the original English documents. This series of materials provides a wealth of current information for both parents and providers; the complete set of resources can be obtained in PDF format on the Department of Child and Family Studies Website at www.fmhi.usf.edu/cfs/dares/fcpi. The staff of the FCPI are hopeful that their work will continue to help children get ready to learn for many years to come.

The series' themes include:

- Family Empowerment
- Parent Involvement
- Parenting Support
- School Readiness
- Violence in the Lives of Children
- Transition to Kindergarten

The Center was one component of a project led by Hillsborough County Center of Excellence in collaboration with the Department of Child & Family Studies at USF's de la Parte Institute and the Florida Children's Forum. Other project partners include HIPPIY (Home Instruction Program for Preschool Youngsters), Hillsborough County Head Start and Hillsborough County Even Start. For more information about these projects, call 813.974.4612.

School Readiness Series, Parent Tip Sheets, #10: Mov'n my muscles.

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