



Children's Physiotherapy and Occupational Therapy Services



Move and Play - 3 to 4 years

Information for parents/carers and professionals

Your child will be really interested in knowing about what's around them and wanting to find out more. You will notice an increase in their confidence and in what they are able to do.

They will have firm ideas of things they do and don't like doing. These ideas should be encouraged and will allow your child to start thinking and speaking for themselves.

They will be more independent and will generally need supervision just to ensure safety.

Here are some activity ideas to develop movement skills.

- Ball games are fun. Practice throwing and catching and kicking a ball into a target.



- Encourage your child to enjoy "messy play" with sand, water, paint, play dough.
- Give your child lots of praise for attempting new activities / more adventurous movements, even when their efforts are not a complete success.
- Playgrounds are good for encouraging more adventurous movements such as swinging, climbing, jumping, spinning and sliding.
- Soft play areas and ball pools are good safe areas for children to find out what they are physically able to do. As they are able to do more, they will be able to have a go at the more difficult activities and experience new sensations.

- Friends are important. By playing together and sharing experiences, they learn about what they can and can't do.
- Riding on scooters and bicycles is a good way of developing balance.
- Arts and crafts are fun and using scissors is a skill, which needs practicing at this age.
- It is important for you and your child to spend time on quiet activities such as jigsaws, card games, lotto and dominoes as these help them to learn about colours, numbers and shapes.
- Construction bricks, threading beads and cotton reels can be fun to play with and help develop eye-hand co-ordination skills.
- Help your child to name and recognise shapes, letters and numbers. Try to get them to copy them.
- Dressing up games will help your child to learn about their body and help to improve their ability to dress themselves.



Use this space to write down what progress your child is making and any questions you have for the professional who gave you this leaflet.

M Make games of throwing, catching and kicking a ball.

O Outdoor play on tricycles, ride-on, push-along toys and scooters is good fun.

V Variety of games to improve balance and movement; jumping, hopping and standing on one leg...

E Encourage your child to go up and down stairs as independently as possible, although on some occasions help may be required.

P Playing with friends and family is fun.

L Letting children use scissors with your help is important now.

A Activities like dominoes, card games and jigsaws help children understand shapes, numbers and colours.

Y You can help with learning to write by helping your child copy shapes and patterns.

If you have any concerns or would like further information about your child's physical or functional skills, please contact your health visitor or:

Children's Physiotherapy Service
Children's Community Health Service
 Bridge Park Plaza, Bridge Park Road
 Thurmaston, Leicester, LE4 8PQ.
 Telephone: (0116) 223 2492

Children's Occupational Therapy Service
Children's Community Health Service
 Bridge Park Plaza, Bridge Park Road
 Thurmaston, Leicester, LE4 8PQ.
 Telephone: (0116) 223 2495