The emphasis in this domain is on physical health and development as an integral part of children’s well-being and ability to take advantage of educational opportunities. The components address gross motor development, fine motor development, and physical health, nutrition, safety, and self-care.

**Strategies FAMILY MEMBERS can use to facilitate children’s GROSS MOTOR DEVELOPMENT:**

- Support children’s needs to move and be active
- Provide opportunities and time for outdoor large motor play
- Encourage children to learn and practice new skills
- Make physical activity part of everyday life

**Strategies TEACHERS and CAREGIVERS can use to facilitate children’s GROSS MOTOR DEVELOPMENT:**

- Acknowledge and support children’s need to move and be active by planning daily physical activity
- Provide adequate time for children to practice, explore, and expand their motor skills
- Support individual variations in gross motor development
- Provide space and equipment that allow for outdoor play and large motor activities that are fun and challenging
EARLY CHILDHOOD INDICATORS OF PROGRESS*

Children show progress in GROSS MOTOR DEVELOPMENT when they:

1. Develop large muscle control and coordination
2. Develop body strength, balance, flexibility, and stamina
3. Use a variety of equipment for physical development
4. Develop ability to move their body in space with coordination

* These indicators apply to children in the preschool period of ages three to five. They are based on expectations for children approximately four years of age.

Strategies COMMUNITY MEMBERS can use to promote children’s PHYSICAL AND MOTOR DEVELOPMENT:

- Provide parks and recreation programs and activities that support large motor and small motor development
- Provide community health programs for young children and families including immunization clinics
- Provide health education for families of young children
- Provide nutrition programs for families with young children
- Provide child safety education for family and community members
- Develop and support prevention and intervention programs that encourage children’s development
- Ensure children’s health and safety needs are met and intervene when they are not

Strategies POLICYMAKERS can use to promote children’s PHYSICAL AND MOTOR DEVELOPMENT:

- Provide resources to communities to help meet fine and gross motor development needs of all young children
- Provide universal health programs for all young children
- Ensure nutrition programs are available to all eligible young children
- Support policies that ensure child safety
- Promote policies that help families meet basic needs
- Support early identification and intervention for health, learning, and development needs
- Support community-based screening programs for young children
The emphasis in this domain is on physical health and development as an integral part of children’s well-being and ability to take advantage of educational opportunities. The components address gross motor development, fine motor development, and physical health, nutrition, safety, and self-care.

Strategies FAMILY MEMBERS can use to facilitate children’s FINE MOTOR DEVELOPMENT:

- Provide opportunities for manipulation of small objects or tools in normal daily activities
- Provide opportunities for play with small manipulative objects and toys (e.g., puzzles, blocks, beads)
- Provide opportunities and materials for writing and drawing in the home
- Model uses of writing and drawing in everyday tasks

Strategies TEACHERS and CAREGIVERS can use to facilitate children’s FINE MOTOR DEVELOPMENT:

- Provide adequate time and appropriate materials for small motor, drawing, cutting, and handwriting development
- Plan activities that support the development of fine motor skills, with adaptations as needed
- Provide a variety of manipulative materials and activities for play and exploration
- Model the use of writing and drawing in everyday activities
EARLY CHILDHOOD INDICATORS OF PROGRESS*

Children show progress in FINE MOTOR DEVELOPMENT when they:

1. Develop small muscle control and coordination
2. Use eye-hand coordination to perform a variety of tasks
3. Explore and experiment with a variety of tools (e.g., spoons, crayons, paintbrushes, scissors, keyboards)

* These indicators apply to children in the preschool period of ages three to five. They are based on expectations for children approximately four years of age.

Strategies COMMUNITY MEMBERS can use to promote children’s PHYSICAL AND MOTOR DEVELOPMENT:

- Provide parks and recreation programs and activities that support large motor and small motor development
- Provide community health programs for young children and families including immunization clinics
- Provide health education for families of young children
- Provide nutrition programs for families with young children
- Provide child safety education for family and community members
- Develop and support prevention and intervention programs that encourage children’s development
- Ensure children’s health and safety needs are met and intervene when they are not

Strategies POLICYMAKERS can use to promote children’s PHYSICAL AND MOTOR DEVELOPMENT:

- Provide resources to communities to help meet fine and gross motor development needs of all young children
- Provide universal health programs for all young children
- Ensure nutrition programs are available to all eligible young children
- Support policies that ensure child safety
- Promote policies that help families meet basic needs
- Support early identification and intervention for health, learning, and development needs
- Support community-based screening programs for young children
The emphasis in this domain is on physical health and development as an integral part of children’s well-being and ability to take advantage of educational opportunities. The components address gross motor development, fine motor development, and physical health, nutrition, safety, and self-care.

### Strategies FAMILY MEMBERS can use to facilitate children’s PHYSICAL HEALTH AND WELL-BEING:

- Secure adequate nutrition for children
- Establish routines for eating, rest, and bedtime
- Ensure adequate exercise and physical activity
- Take children for regular well-child and dental examinations
- Take children for developmental, vision, and hearing screening
- Provide safe home and play environments for children
- Show children how to take care of personal care tasks, and help them when necessary (e.g., brushing teeth, wiping nose)
- Encourage children to show independence in self-care tasks (e.g., dressing, toileting, washing hands, feeding oneself)

### Strategies TEACHERS and CAREGIVERS can use to facilitate children’s PHYSICAL HEALTH AND WELL-BEING:

- Ensure safety of children through adherence to state and local regulations
- Provide health education for families and children
- Protect children from abuse and neglect
- Model health and safety practices during regular activities
- Provide time for exercise and physical activity
- Provide instruction in basic health and safety rules (e.g., washing hands, covering mouth when coughing or sneezing, taking care when using sharp objects)
- Encourage children to show independence in self-care tasks (e.g., washing hands, buttoning, fastening zippers, wiping nose)
EARLY CHILDHOOD INDICATORS OF PROGRESS*

Children show progress in PHYSICAL HEALTH AND WELL-BEING when they:

1. Participate in a variety of physical activities to enhance personal health and physical fitness.
2. Follow basic health and safety rules
3. Recognize and eat a variety of nutritious foods
4. Demonstrate increasing independence with basic self-care skills

* These indicators apply to children in the preschool period of ages three to five. They are based on expectations for children approximately four years of age.

Strategies COMMUNITY MEMBERS can use to promote children’s PHYSICAL AND MOTOR DEVELOPMENT:

- Provide parks and recreation programs and activities that support large motor and small motor development
- Provide community health programs for young children and families including immunization clinics
- Provide health education for families of young children
- Provide nutrition programs for families with young children
- Provide child safety education for family and community members
- Develop and support prevention and intervention programs that encourage children’s development
- Ensure children’s health and safety needs are met and intervene when they are not

Strategies POLICYMAKERS can use to promote children’s PHYSICAL AND MOTOR DEVELOPMENT:

- Provide resources to communities to help meet fine and gross motor development needs of all young children
- Provide universal health programs for all young children
- Ensure nutrition programs are available to all eligible young children
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