

Wisconsin Model Early Learning Standards

Family Tip Sheets

Health and Physical Development (Birth to First Grade)

Definition

Health includes knowledge and practices related to physical well-being:

- Health
- Safety
- Nutrition

Physical development includes:

- Large motor development (walking, kicking a ball);
- Small motor control (picking up a piece of cereal, cutting with scissors);
- Sensory (touch, sight, balance, coordination).

Rationale

- Good physical health and motor development allows children to fully participate in learning activities;
- Active movement and exploration of the environment supports brain development;
- Physical activity and good nutrition sets the foundation for healthy growth in all other areas of development.

What should I do if I have a concern about my child's development?

- Talk to your early learning program provider;
- Talk to your doctor. If you and your doctor are still concerned;
- Call Wisconsin First Step 1-800-642-7837 (24 hour service, a parent specialist is available M-F, between 8AM and 4PM);
- If you think your child is a child with a disability, call your County Birth to 3 Services or your Local School District 3 through 5 Services.

How Can I Help My Child Learn at Home and in the Community!

Infant

- Watch your baby to see how he lets you know when he is hungry. Follow your baby's own schedule, feed him when he is hungry and let him sleep when he is tired;
- Change your baby's diaper every few hours to prevent diaper rash.

Toddler

- Follow a regular nap and bedtime schedule;
- Provide healthy food choices for your child and let her choose what foods she wants to eat and how much.

Preschooler

- Teach your child how to zip up his coat, fasten small buttons and snaps;
- It is normal for children to have toileting accidents through the age of six or seven;
- Help your child recognize when she needs to go to the bathroom by regularly asking.

Remember – Your Child Learns and Grows Across all Five Domains!

When you talk and listen to your child during routines, you are teaching your child language (listening and understanding) and letting her know that she is important to you (self concept). Talking to her about routines teaches her how to be independent (self help skills).



Wisconsin Model Early Learning Standards

Family Tip Sheets Health and Physical Development

What Does My Child Know? What Can My Child Do?

The Milestone Moments published by the Center for Disease Control provides detailed information of what to expect at each milestone in your child's development. The information below includes a sampling of the skills included in the Milestone Moments.

Infant

- Can hold head up and begins to push up when lying on tummy;
- Makes smoother movements with arms and legs;
- May be able to roll over from tummy to back;
- Can hold a toy and shake it and swing at dangling toys;
- Rolls over in both directions (front to back, back to front);
- Begins to sit without support;
- Stands, holding on;
- Crawls;
- Pulls up to stand, walks holding on to furniture ("cruising");
- May take a few steps without holding on.

Toddler

- Walks alone;
- Can help undress herself;
- Kicks a ball;
- Begins to run;
- Walks up and down stairs holding on;
- Climbs onto and down from furniture without help.

Preschooler

- Climbs well;
- Runs easily;
- Pedals a tricycle (3-wheel bike);
- Walks up and down stairs, one foot on each step;
- Catches a bounced ball most of the time;
- Pours, cuts with supervision, and mashes own food;
- Hops, may be able to skip;
- Can do a somersault;
- Uses a fork and spoon and sometimes a table knife;
- Can use the toilet on her own;
- Swings and climbs.

Additional Resource

Active Early/Healthy Bites

Wisconsin children's future health and well-being are directly related to the development and strengthening of their large and small muscles, involvement in sensory experiences, and practicing of healthy behavior. This site contains information and tools to support childcare, preschool, Head Start, early childhood special education and four and five year old kindergarten programs to provide developmentally appropriate, increasingly complex and diverse opportunities for children to understand and care for their physical well-being.

http://fns.dpi.wi.gov/fns_cacfpwellnessaehb#main-content