

DOMAIN 2: MOTOR DEVELOPMENT, PHYSICAL WELL-BEING, AND HEALTH**SUB-DOMAIN: PHYSICAL WELL-BEING****PHYSICAL FITNESS****GOAL 20: CHILDREN DEMONSTRATE STAMINA AND ENERGY TO PARTICIPATE IN DAILY ACTIVITIES.**

Age Range	Developmental Growth	Child Indicators	Caregiver Strategies
6 to 18 Months	Explore environment with purposeful movement.	<ul style="list-style-type: none"> ▪ Sustains longer wake periods. ▪ Practices walking, running, climbing, jumping, crawling, squatting, and rolling in challenging environments (e.g. inclines, stairs, and uneven surfaces). ▪ Alternates quiet and active movement. ▪ Indicates fatigue or desire for movement by seeking rest or un-restrained movement. ▪ Walks, runs, climbs, jumps in place, crawls, squats, and rolls with smooth transitional movements. ▪ Initiates and maintains active play and exploring and interacting with the environment. 	<ul style="list-style-type: none"> ▪ Watch for and respond to child's cues that indicate the need for quiet or active time. ▪ Provide opportunities and a variety of toys to encourage movement and physical activity. ▪ Respond with words of encouragement and support for repeating the activity when the infant tries new motor activities. ▪ Model and comment on daily physical activities (e.g. "Sophie is climbing all the steps to the changing table." "Jose is standing all by himself and holding on to the table." "You are lifting that block." "Look at Marci running."). ▪ Use mealtimes to help build finger and hand stamina (e.g. put soft, squishy food on the child's eating surface, cover the floor, and let the child explore the food). ▪ Provide child with routines for motor activity (e.g. toddler walks up stairs to changing table with adult assistance).