

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
Birth through 8 Months	Develop nerves and muscles to sustain movement.	<ul style="list-style-type: none"> <li>▪ Shows an increasing length of time in an alert state.</li> <li>▪ Regulates to predictable sleep-wake cycles.</li> <li>▪ Moves from requiring complete head and trunk support to supported sitting and rolling.</li> <li>▪ Controls head and trunk movements from tummy or back.</li> <li>▪ Demonstrates a persistent reach to obtain an object.</li> <li>▪ Shows normal reflex progression.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Regularly place young infant with tummy on the floor to strengthen muscles.</li> <li>▪ Stimulate child with sound and facial expression to solicit motor responses. Pay attention to the infant's cues of interests and over-stimulation.</li> <li>▪ Respond to child's reflexive and intentional movement by providing safe, supportive spaces and places.</li> <li>▪ Sing songs such as "Wheels on the Bus" and "Row, Row, Row Your Boat," rhythmically moving the baby's arms or legs to the beat.</li> <li>▪ Place non-choking objects within the child's vision and reach, encouraging the infant to reach toward the objects.</li> </ul>