

**DOMAIN 2: MOTOR DEVELOPMENT, PHYSICAL WELL-BEING, AND HEALTH****SUB-DOMAIN: PHYSICAL WELL-BEING****PHYSICAL FITNESS****GOAL 21: CHILDREN ENGAGE IN A VARIETY OF PHYSICAL ACTIVITIES.**

Age Range	Developmental Growth	Child Indicators	Caregiver Strategies
<b>Birth through 8 Months</b>	Move reflexively, then with increasing intentionality.	<ul style="list-style-type: none"> <li>▪ Child's body responds as reflexes are stimulated (grasping, rooting, and sucking reflexes).</li> <li>▪ Bats at dangling objects.</li> <li>▪ Bangs and claps.</li> <li>▪ Reaches and kicks with intention.</li> <li>▪ Responds to physical games such as peek-a-boo or pat-a-cake.</li> <li>▪ Reaches across body (cross mid-line) to grasp an object.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Provide a variety of materials and toys for child to play with and explore, especially those that stimulate hand and arm play such as objects for grasping and swatting back and forth.</li> <li>▪ Rotate toys and materials on a regular basis.</li> <li>▪ Make play a part of the child's daily activities (during a diaper change, lift the baby's legs and make marching movements as you chant).</li> <li>▪ Avoid screen time for child younger than 2 years old (TV, videos, computer activities, DVDs).</li> <li>▪ As the infant gains hand and arm control, play games with the child that are give-and-take in movements (e.g. put a blanket on your head and let the child pull it off).</li> </ul>