

Encouraging Physical Activity in Toddlers

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✓ Verified Book of Encouraging Physical Activity in Toddlers

Summary:

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Toddlers need lots of time to master the basics, such as jumping, rolling, and balancing. As they become more comfortable with their bodies and confident in their ability to be physically active, their desire to participate will increase. They™ enjoy kicking and throwing different types of balls, walking up and down stairs, running outside, and pedaling tricycles. Most of their physical activity involves unstructured play, and rightly so. However, you can also introduce them to new equipment with structured play and then let them explore on their own or with playmates.

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Promote Physical Activity For Toddlers