FAMILY FUN FACTS

Two to Three Years

Play should be a family affair. Parents who stay physically active set a great example for the whole family. Look for ways to move and play together. Add music to chores to make them more active and fun.

A love for activity is one of the most important gifts that parents and child care providers can give to their children.

Samples of Physical Play Objects

Wagon
Hippity hops
Light wheelbarrow
Pull toys with strings
Rocking horse – stout handles, waist high
Spinning seat
Play barrels
Rhythm instruments
Sleds – shorter than child's height
Realistic rides – motorcycles, tractors

Active Play Movements

Run
Climb
March
Tramp
Shuffle
Turn
Twist
Balance
Collapse
Slide
Rush
Hold
Waddle
Hide
Roll
Jump
Explore

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Information from: *Parent's Guide to Physical Play*, The Diane Lindner-Goldberg Child Institute, Hofstra University, Hempstead, NY. May be reproduced for educational purposes.

Family Fun Facts

Recommended Activities

Two to Three Years

Chase Me, Chase Me

Playfully chase the child safely throughout the home or playground and hug the child upon "capture".

You chase, I flee
Can you catch me?
All around we run.
Exercise can be fun!

Super Kids

Increase the child's ability to jump and land safely by grasping his or her hand while jumping from low steps, curbs or boxes. Practice landing on both feet and bending the knees.

We'll leap tall buildings with a single bound
landing firmly on the ground.
Super Kids can jump this way
Because they practice every day.

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