Observation and Application: Supporting Physical Development

There are many different experiences and materials that can be offered to help infants and toddlers develop their physical skills. As an infant/toddler caregiver, it is important to observe each child carefully and learn from children’s families in an effort to determine how you can adapt experiences to meet each child’s needs. Take time to observe an infant or toddler in your care and provide responses to the items and questions below:

What did I observe?

Which large-muscle skills is this young child working on? Which small-muscle skills is this child working on?
In what ways does the existing environment support this young child’s physical development? Is there anything I could change in the existing environment to better support this young child’s physical development?

What have I learned from this child’s family about his or her physical development?

Review the curriculum you use and identify two experiences and the materials to support these experiences that will help support the infant or toddler’s physical development. If you cannot find any experiences, design two of your own.