

Supporting children to develop physical health and wellbeing

The important adults in children's lives influence their development when they interact with them. Each interaction stimulates the child's developing brain and builds the foundations for their future.

Adults can support children's physical development, health and wellbeing in lots of ways. Look at the ideas below to think about how you can make a positive impact.



PHYSICAL HEALTH AND WELLBEING

Children learn best when they are healthy, independent and physically ready for each day.

Children learn to take care of their health by:

BABIES

Consistently having their material needs met

Being free to safely explore their world



Being exposed to a range of food flavours and textures

Having time to play with safe objects

TODDLERS

Having adults who let them practice the messy stuff

Having repeated chances to try new food flavours and textures



Helping with household chores

Practicing the basics (wash hands, use a fork and spoon, get dressed)

CHILDREN

Taking responsibility for household chores

Having increasing responsibility for themselves and their belongings



Choosing their preference from a range of healthy food options

Learning about food (where it comes from, how it grows, what it tastes like)

Children learn to use all their muscles (the big and small ones) by:

Exploring the world with their hands and mouths

Looking at faces



Having tummy time

Having a safe place to move and explore

Running, jumping, kicking and dancing

Taking part in arts and crafts



Visiting the playground

Finding and having a chance to practice new physical challenges

Playing a sport or musical instrument



Spending time outside and at the playground

Taking part in arts and crafts

Parents can best support children's development in physical health when they:

- Have social support
- Have access to areas for outdoor play
- Have access to health services
- Have access to affordable healthy food

Where you can get more information:



playgroupaustralia.org.au
www.healthy-kids.com.au

Who can help:

- Connect to your local playgroup
- Talk to your children's early years educators about your child's development, their success and their struggles
- Talk to your maternal child health nurse, GP or an occupational therapist or physiotherapist