

Four Ways to Grow a Healthy Happy Child

Movement	Touch
<ul style="list-style-type: none"> • No restraints (bucket seats, packs, strollers) • Crawl Everywhere • Trikes, Push Carts • Tummy Time-N-Toys • Chase-N-Run • Hide-N-Seek • Dance to the Music • Falling and Getting Up • Climbing 	<ul style="list-style-type: none"> • Baby Kangaroo Carry • Lap Reading • Bath, Book, Bed • Tight Tuck • Cuddles-N-Tickles • Play Wrestling • Bear Hugs • Open Sesame • Shoulder Ride 
Human Connection	Nature
<ul style="list-style-type: none"> • Eye Contact • Mimic • Follow the Leader (kid) • Peak-A-Boo • Look and Point • What's That? • Pretend Play • Tummy Bubbles • Hand Kisses 	<ul style="list-style-type: none"> • Look (birds, trees, clouds) • Smell the Flowers (grass, trees) • Feel the Dirt (rocks, sticks) • Ground Jumping • Forest Walks • Playground Play • Build Forts • Sleds, Carts, Wagons • Sand Box 

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