



Give toys that encourage them to be physically active



Encourage participation in activities that promote fine motor skills, such as drawing and painting



Promote activities such as running, jumping, and cycling



Give them a well-balanced diet with nutritious food



Have them assist you in simple household chores



Enroll them in sports events at school and in your community



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Source: https://www.momjunction.com/articles/physical-developments-in-children-