BENEFITS OF BALL PLAY FOR TODDLERS

Reduces screen time





Keeps obesity at bay

Strengthens arm and leg muscles





Boosts confidence

Builds self-esteem





Improves parent-child rapport

Enhances hand-eye coordination





Inculcates teamplay spirit

Reference

 Playing With Balls: Activities for Children 3-6 Years; Raising Children Network



Source: https://www.momjunction.com/articles/best-ball-toys-for-toddlers_00647367/