

# Munch Minute

EASY INFORMATION FOR PARENTS



## OLDER TODDLER SKILLS

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### (2-3 Years)

- Balance one to two seconds on one foot
- Climb
- Throw ball underhand
- Bend over without falling
- Run and jump well
- Kick ball forward
- Walk stairs, alternating feet
- Begin striking objects

**PRACTICE THESE SKILLS TOGETHER!**

