

## Physical Education

- The child has learned how to hold and use utensils for feeding.
- They have developed hand-eye coordination while scooping food onto their spoon or fork.
- The child has learned to wash their hands before and after meals, promoting hygiene and cleanliness.
- They have developed fine motor skills by using their hands to manipulate the utensils and wash their hands.

Continued development can be encouraged by introducing different types of utensils to challenge their grip and coordination, such as chopsticks or tongs. Additionally, incorporating sensory play while washing hands, like using scented soaps or textured sponges, can make the activity more engaging and enjoyable for the child.

## Book Recommendations

- [The Potty Book for Boys](#) by Alyssa Satin Capucilli: This book helps toddlers understand the importance of hygiene and independence in the context of using the potty.
- [Wash, Wash, Wash!](#) by Pamela Chanko: This interactive book teaches toddlers about the importance of hand washing in a fun and playful way.
- [My Very Own Big Bed](#) by Anna Grossnickle Hines: This book encourages independence and self-help skills, including transitioning from a crib to a big bed.

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