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Top Three Tips To Improve Your Kid's Physical Skills

By Nicole Munoz

You've showered your kid with a variety of mind enriching toys which taught him about ABC and counting. You've engaged him in as many mentally stimulating activities as possible to improve his cognitive skills, logical thinking and basic problem solving abilities. You've done everything to make sure that your kid's intellectual capabilities are properly nourished and fostered.

But of equal importance is your kid's physical dexterity which is an essential aspect of his overall development that you should never neglect. The aspects of your kid's manual agility that call for enhancement include gross and fine motor skills, muscle strengthening and coordination, and hand to eye coordination.

There are certain guidelines you can follow to ensure that your kid is also being nourished physically.

First tip to do just that is to engage your kid in physically challenging exercises. If you have a toddler, allow for frequent tummy time during the day. It is healthier for him to crawl, roll over, cruise or walk than be tucked in your arms the whole time. Encourage crawling, cruising or walking by giving your kid attractive toys to reach for.

On the other hand, if you have an older kid, you can play tag with him and chase him in the backyard or play the fun and classic hide-and seek. This is a good exercise for both of you as well as a fun parent-child bonding activity. You may also let your little one jump on his child-safe trampoline or ride his ride on toy car. These fun activities are sure to strengthen his muscles and movement coordination.

Second tip is to provide your kid with toys that will enhance both his gross and fine motor skills. Ride on toys and bikes are excellent in developing your kid's gross motor skills while building toys like wooden blocks and wooden train sets are the sure way to improve your kid's finer motor skills. For instance, your kid will enjoy constructing miniature buildings, bridges and trains with the Maxim Wooden 145 Piece Train Set that are at the same time instrumental in boosting fine motor skills.

Third tip is to nourish your kid with proper nutritional diet that he will need to flourish physically. Energy giving nutrients like carbohydrates found in bread and rice will give him sufficient vigour for active play while calcium found in milk and vitamin D that can be acquired by being out in the sun will strengthen

his bones. It is important that you consult with his pediatrician about the right nutritional diet to ensure that he gets all the nutrients, vitamins and minerals that he needs. Don't allow him to indulge in junk food, which are nothing but empty calories that can ruin your kid's appetite.

While it is very important to ensure that your kid grows up mentally stimulated, it is also necessary to improve his physical skills which are indeed an essential part of his growing up. Who knows? With your proper care, he might grow up as the next Michael Jordan or David Beckham.

For more tips and information about Wooden Train Sets, check out <http://www.thekidstoystore.com>.

Four Proper Caring Tips For Wooden Toys

By Nicole Munoz

It's not a surprise if your kid adores his wooden toys. Wooden toys like wooden building blocks have been played with by kids of many generations. Even now when modern electronic toys that talk, sing, dance and do all sorts of things are abundant in toy stores, wooden toys are still here offering endless exciting positive play opportunities for your kid.

Because of this, it is just right that you give your kid's wooden toys the same care and attention that you have for his other toys. Below are tips on how you can take care of your kid's wooden toys.

One smart caring tip for wooden toys is storing them properly after use. Wooden toys such as wooden train sets have many different pieces that should always be kept in the same storage box to avoid losing any piece. It is also nice to purchase those that come with a storage box like the Maxim Wooden 100 Piece Train Set in Storage Box so that you can be sure that all the parts are always complete.

Second caring tip for your kid's wooden toys is to clean them regularly. This is not only for the sake of the toy but more importantly for the safety of your kid especially if he shares his toys with other children since germs and bacteria are easily transmitted through objects. Clean his wooden toys by wiping them with a cloth dipped in soap and then rinsing them by wiping with wet cloth. It is good to clean the toys this way instead of soaking them in water.

Third caring tip is about teaching your child the value of caring for his wooden toys. Although it's you who do the cleaning and the storing for now, don't forget to elicit your child's participation in doing these things so that he will learn how to clean and store his toys so that he will be able to do them on his own eventually. Teach your child how important it is that he is able to care and value his possessions and how it is never right to abuse or harm his toys in any way. This means, that banging or smashing his wooden toys is an activity you should frown upon.

Fourth and last tip involves checking on the wooden toys every so often. Check on his wooden blocks to see if they are complete, check on his wooden trains to make sure no part has come loose. Proper maintenance for his toys is needed to ensure that they last a long time with your kid.

While it is very important to ensure that your kid grows up mentally stimulated, it is also necessary to improve his physical skills which are indeed an essential part of his growing up. Who knows? With your proper care, he might grow up as the next Michael Jordan or David Beckham.

Wooden toys delight your kid in a way that no other toy can. More importantly, it contributes to the developmental progress of your child by enhancing motor skills, sparking his imagination and improving cognitive skills. With that said, it is only proper that your kid's wooden toys receive the care and attention they deserve.

For more tips and information about Wooden Toys, check out <http://www.thekidstoystore.com>.

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