GROSS MOTOR SKILLS

Gross Motor Skills are the development of a child’s large muscle movement and coordination. Gross Motor Skills development is essential for everyone because it builds strong muscle tone and helps a person have proper balance.

What parents can do to help:

- Walk an infant around by holding his/her hands and when an infant can sit; have him/her sit and play often to strengthen the stomach and back muscles
- Play ball together (catching, throwing, kicking, and running)
- Dancing, swimming, balancing on one foot, building with blocks, riding bikes
- Play at the park (sports, swinging, sliding, climbing, pulling and pushing)
- Spend the day at the beach (swim, run, play in the sand and throw around a ball)
- Go on a walk or hike and slowly increase the amount of time of the activity

Contact your local Parent Link Programmer for more information