

# gross and fine motor skills



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Your baby needs efficiently working gross and fine motor skills in order to do any physical tasks and engage with the environment around them. We control the bigger muscles in our body to support us as we work on the smaller muscles. We get all of our motor skills through lots of practice so it is important that we include motor skills in our play tasks.

## Gross motor skills

Gross motor skills are important to enable children to perform every day movement functions, such as head control, sitting, crawling, walking and running. We start to develop our gross motor skills as a baby and these skills are developed and see us throughout our life as we engage with our environment.

Tummy time

working on sitting balance

doing some rocking or jumping in a bouncer

sitting on an inflatable

moving toys slightly out of reach to encourage rolling or crawling

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## Fine motor skills

Fine motor skills are essential for performing everyday skills. They involve the small muscles in the body and include wrists, hands, fingers and toes. Fine motor skills include grasp and manipulating any object.

## Fine motor play ideas

working on hand to eye co-ordination

using links to play

playing with tags on a blanket

grasping small toys

give them lots of different shaped toys to hold and play with

pointing or pressing buttons

## Incorporating motor skills into play

Try to incorporate activities that use both the big muscles in the body as well as the smaller ones when you are planning play activities, lots of practice helps your little one gain their motor control and get better at moving and manipulating toys.