

What can you do?

Encourage your child to walk as much as possible rather than ride in a buggy. This may not always be practical but it is essential for gross motor development.

Teach your child to climb up and down steps with support and give them time to practice. Try not to carry them.



Try to play outdoors everyday. Encourage climbing, running, balancing from an early age. Give praise if a child falls and picks themselves up independently.

Support children to play with stacking toys, posting games, threading and tweezer activities.



Encourage the use of cutlery when weaning. Introduce a beaker when your child can grip.

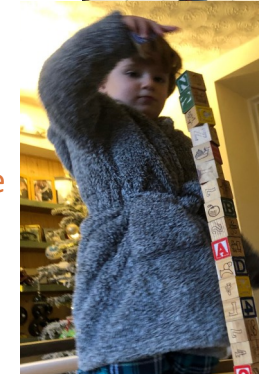
Allow your child to dress and undress with support. Try not to rush them!

A GUIDE TO PHYSICAL DEVELOPMENT

Gross and Fine Motor Skills 0-5 years

Motor skills are an essential part of child development. These movements from the body are made when the brain, nervous system and muscles work in conjunction with each other

Gross motor and fine motor development happen side by side and will contribute to a child's overall development. These developments are seen as the building blocks for learning. Without these basic skills children may find it harder to count, read and write as they move throughout the school system.



States of Guernsey
States Early Years Team

Children develop at their own rate. The following are general guidelines describing developmental milestones

What are gross motor skills?

	Gross Motor (large muscles)
6 months	Can raise head and chest when on tummy. Can stretch arms to bat hanging objects or grab items.
12 months	Pulls up and lowers body down to the floor. May stand unsupported or take a few steps with support.
15 months	Can attempt to climb stairs. Bends down to pick up toys or change direction without falling.
18 months	Can climb onto chairs, turn around and sit. Can carry large toys without falling.
21 months	Can squat or kick a ball without falling. Can walk upstairs both feet placed on a step using a rail
24 months (2 years)	Can run around and jump without falling. Can walk up stairs one foot at a time on alternate steps
36 months (3 years)	Can walk upstairs. Can run and jump. Can dress easily. Can ride a tricycle. Can stand on tip toes.
48 months (4 years)	Can walk backwards. Can skip and hop. Can throw a ball and is beginning to catch.

Gross motor skills are the larger actions babies and children make. For babies this might be lifting their heads and rolling over, for older children this might be running, jumping, climbing.



What are fine motor skills?

	Fine Motor
6 months	Able to grasp objects and begins to pass from one
12 months	Can clap hands or bang blocks together. Can point and pick up food. Can use pincer grip (index finger and thumb) to pick up
15 months	Can hold two objects in one hand and stack blocks.
18 months	Able to hold a crayon with thumb and finger. Able to put own toys away.
21 months	Can do circular scribbles and hold a small cup.
24 months (2 years)	Able to wash own hands and pull on clothes. Able to open a screw top.
36 months (3 years)	Easily stacks 10 blocks. Can feed themselves easily with a spoon.
48 months (4 years)	Can draw simple shapes and copy letters. Can use scissors.

Fine motor skills are the smaller actions babies and children make. For babies this might be picking things up with fingers / thumb, stacking toys or posting. For older children this might be using scissors or cutlery, fastening clothes or using pens to make marks.

**Speak to your Health Visitor, Preschool/Nursery or GP if
you are worried about your child's development**