



## Gross Motor Development

### What is Gross Motor Development?

Gross motor is how we use the big muscles in our bodies to move or stay still. Gross motor skills help kids play with their peers and explore the world around them. Moving around also helps kids learn how to solve problems and understand where their bodies are in space so they don't walk into things or fall down!

*Reminder: Give children a safe space to move. Babies can roll or crawl quickly, so always watch them even when they're on the floor.*

### Here are ways you can help your child practice gross motor skills:

- **Move safely:** Moving has many, many steps!
  - >> Ask your healthcare provider how to help your baby learn to roll, crawl and sit.
  - >> Hold your child's hands as he learns to stand and walk. Also stay nearby when he begins to "cruise" (walking while holding onto a surface, like a table).
- **Play with toys:** Help your child learn to play by pulling a wagon or playing with other big toys.
- **Play physical games:** Children like to move - a lot. Play tag or toss a ball with your child or help her play similar games with other kids!
- **Climb and explore:** Play with your child outside in safe spaces. Playgrounds are a good choice, but make sure the play structures are age-appropriate.
- **Run, jump, hop, and more:** Help your child copy your movements, such as touching your toes, putting your hands on your hips, etc. Be silly and have fun!
- **Balance:** Balance is important for movement, including riding a bike or scooter. Support your child as they try new things.

For more information about how United Way is supporting school readiness through healthy child development, please visit:

[unitedwaymassbay.org/DRIVE](http://unitedwaymassbay.org/DRIVE)



There are **5** main areas of development:

1. Communication
2. Fine Motor
- ▶ 3. Gross Motor
4. Social Emotional
5. Problem Solving

