

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.

3 Months

- Learns to support head
- Pushes up on arms when on his/her stomach



6 Months

- Rolls over
- Bounces on legs when held standing

9 Months

- Sits up without support and may crawl
- Moves from sitting to lying down



12 Months

- Stands up and may start to walk
- Climbs on things
- Stands independently

18 Months

- Walks and runs unassisted
- Learns to catch objects
- Runs on tip toes



2 to 3 Years

- Getting better at kicking, throwing and catching a ball
- Walks up and down stairs holding onto a railing

3 to 4 Years

- Catches objects
- Swings, climbs, skips and jumps
- Hops on one foot



4 to 5 Years

- Balances and controls a tricycle
- Gets dressed except for zippers, ties, buttons etc.

What parents can do to help:

- Walk an infant around by holding his/her hands; 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 Edmonton Early Years Coalition for more information
www.earlychildhoodedm.ca