

Gross Motor Home Program: Foundational Skills

It is important for your child to develop basic gross motor skills before being able to complete more complex movements. This home program provides ways to develop these basic skills.



Your Child is Working On:

- Rolling
- Crawling
- Walking holding a small object
- Walking up stairs
- Walking down stairs
- Jumping down

What to do at Home: Allow your child to practice these skills (rolling, crawling) over various surfaces. Practice on the carpet, on a yoga mat, or in the yard. This promotes their ability to adapt their movements in different environments!

BBD Tip: Work with your child to master these skills while using *proper head control*. It is important your child can maintain head control in multiple positions.

Skills like going up or down stairs promote increased strength and balance. This allows for development of higher-level skills such as climbing or skipping. If stairs continue to present a challenge for your child, have them step on/off small changes in surfaces (rugs, small steps, over small obstacles) to promote strength and balance.

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You Can Help Your Child During:

Playtime:

- Complete a puzzle:
 - Have child lying on their stomach and propped up on their elbows
 - Encourage them to reach for puzzle pieces with each arm
 - This promotes a weight shift and head righting to aid with head control during rolling
- Outside play: Practice rolling down a small decline/hill
 - Use gravity to aid with rolling
 - If possible, have your child's head unsupported during rolling to encourage head control
- Cleanup:
 - Have child pick up and carry toys to a bin
 - Incorporate walking over firm and soft surfaces to promote strength and balance

Build Your Skills:

- Set up an obstacle course. Have your child crawl through the course to promote increased strength. Think of items/surfaces with the following qualities that you can use.

Tips and Tricks:

- Have your child carry their personal items (water bottle, favorite book, stuffed animal) when walking throughout the home
- Hold both of your child's hands when walking up and down the stairs
 - Progress to holding one hand and one railing