



## Helping Your Child Work on Motor, Coordination & Physical Development

Provided as a courtesy from the Family Resource Center at Community Gatepath

Babies and children learn through movement, their senses and surroundings. You can help your child develop motor skills and coordination through simple games and routines.

Set aside time in your schedule for a weekly family walk. Perhaps just 10 minutes, walk around your neighborhood. Even if your child isn't walking yet you can push them in a stroller. Sitting up will work on developing balance and stomach muscles. Walks are also a wonderful way for children to learn about their surroundings. Pick up rocks to show to your child and talk about them. What size are they? Talk about the colors of the houses you see!

Following are very simple motor activities you can work on with your child. Make a game of jumping, hopping and running. Each activity works various muscle groups.

- Tummy time for babies or children who are not crawling yet is very important. Being on their tummy helps develop back, neck, arm and stomach muscles. It may take some time to build up a child's tolerance for tummy time, but even a few minutes a day is helpful.
- Find a grassy area or knoll and roll down it with your child. Make a race out of it, who can make it to the end the fastest?
- Help your child walk across a fallen log or along a curb while holding your hand. This will improve balance!
- Roll or toss a ball with your child. This is an excellent activity for eye-hand coordination as well as for working larger muscles. You may also ask your child to kick the ball. Use a ball that is large enough for your child to experience success but small enough for a challenging experience.
- Take your child to your local playground and help them to climb ladders and play on other structures. This will help them develop their gross motor skills.
- Turn up the music and dance with your child! Just go crazy, wiggly and have fun!
- Make a game of picking up pieces of cereal (like cheerios) to work on your child's pincher grasp and fine motor skills. Whoever picks up and eats all of their cereal first wins!

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