



DECEMBER 2023

Let's get those bodies moving

Your child has been working on their motor skill as long as they have been in existence, but what do people actually mean by motor skills?

Motor skills are all about movement and you have the fine motor skills and gross motor skills. Both are essential in growth, development and ultimately leading an independent adult life. The ability to explore your world also enhances cognitive development. Given the importance of motor skills, it can be much harder for us to work on them when we are experiencing subzero temperatures and feeling sluggish with the longer dark nights.

Gross motor skills use our bigger muscles and generally refer to the bigger movements we do with our bodies. Walking, dancing, crawling etc. While, the fine motor skills involve our hands and wrists to do tasks such as picking things up, drawing and dressing to name but a few.

Many of these skills you help your child practice without even thinking about it, but it is always good for everyone to move so here are some ideas you could try at home to keep your children moving on the long dark winter days.

Hide and Seek

Hide and Seek is a fun interactive game, that gets children running all over the house, practicing their language skills, sequencing and waiting and listening skills. Even a five minute game between two of you, where one person counts and one person hides can bring laughter and fun to a dark, dismal evening.

Obstacle course

Depending on the layout of your house will depend how elaborate you make a course for your child / children to maneuver through. It can be as simple as jumping over a few toys, to climbing over sofas, jumping from cushion to cushion, crawling under tables and more. Your imagination is your only limitation with this one, and the safety of your home. We leave it to your good judgement as to what would work in your home.

Dance party

Why not put on some of your favourite tunes and have a dance party before dinner? Show your child some of the dance moves you used to do as a child and let them show you some of theirs. It is a great way of moving, creating memories together and learning where your body is in time and space.

If you have any questions about any of these suggestions, or are concerned about your child's motor skills, please contact us at the number below. Until then – keep moving!



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