

Gross and Fine motor development milestones – 0-9 months

Gross Motor Developmental Milestones 0-9 months	
What should we expect to see?	What can we do?
<p>Head control develops through early interaction, movement and tummy time</p> <ul style="list-style-type: none"> - supports visual focus - strengthens the neck and back for sitting up - supports hand-eye and foot-eye co-ordination - supports with sociability and interaction, eye contact and nodding <p>Trunk Control develops through:</p> <ul style="list-style-type: none"> • <u>Playing with feet</u> - Important for body awareness & proprioception too as we discover we're connected to our feet! - • <u>Rolling</u> – for trunk strength & twisting (rotation), for trunk stability and vestibular development <p>Sitting We don't just mean sitting in a bouncer chair or car seat! Independent sitting = a stable base for activity</p>	<p>Hugely beneficial in the early weeks, months and years of life for the development of the central nervous system and ultimately our physical and sensory development.</p> <p>Tummy time helps develop the muscles needed for:</p> <ul style="list-style-type: none"> • Sitting • Crawling • Walking <p>Tummy Time is also not the be all and end all!</p> <ul style="list-style-type: none"> • Gross motor development requires much more variety than just this one position. • Play needs to be balanced with other activities such as: side lying, vertical play and back play. <p>Trunk control development when lying down</p> <ul style="list-style-type: none"> • Encourage by putting bells / colourful socks on feet, kicking balloons or other bright toys on activity gyms, foot rhymes • Encourage by moving toy to side so child turns head - help a little by pushing hips slightly • Singing activities/ activities that include moving hands to feet. • Rolling from side to side and from front to back <p>Trunk control development when sitting</p> <ul style="list-style-type: none"> • Encourage by supporting in sitting for short periods using less support as balance increases • Once sitting independently, help child reach for a toy just out of their centre of gravity to help them develop balance and trunk control further. • Show the child how to move into a sitting position by physically prompting them how to get up from lying to sitting <p>Developing crawling</p> <ul style="list-style-type: none"> • Set up obstacle courses to go under and over rugs, cushions, through tunnels, tents or under furniture. • Use different textures – bubble wrap, hessian, velvet, furry material, coarse carpet tiles, smooth lino, grass, fleece, corrugated paper, etc

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Fine Motor Developmental Milestones 0-9 months		
What should we expect to see?	Which leads to:	What can we do?
<p>Fine motor skills develop from: trunk to finger tips</p> <p>Grasp reflex - evident at birth and triggered by placing something firmly in the palm of the hand</p> <p>Finger play – learning where their hands and fingers are, how they feel to move and beginning a spatial awareness</p> <ul style="list-style-type: none"> • <u>Palmar grasp</u> – child grasps what’s placed in their hand - initially can’t look at it at same time as holding it so encourage by tapping hand • <u>Bilateral co-ordination</u> – mastering holding two things at once is the start of being able to use both hands and starts through taking an object to the mouth using both hands together 	<ul style="list-style-type: none"> • Good hand control for using tools such as pencils and scissors • Development of hand eye co-ordination e.g. for throwing, catching, threading, using a knife and fork, etc. • Grasp strength • In hand manipulation for handwriting • The ability to fasten zips and buttons or shoelaces 	<ul style="list-style-type: none"> • Encourage hand awareness with bright colours (eg bright socks), crinkly mitts, bells on wrists • Place rattles / toys in palm of hand • Tap hand for child to look at the toy they’re holding • Provide objects to bang together • Hold bigger items 2 hands together • Encourage taking objects to mouth