

THRIVE BY 3



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BODY, SENSES AND MOVEMENTS

"WATCH ME DANCE!"

Title:

Thrive by 3. Booklet 4

Body, senses and movements

"Watch me dance!"

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THRIVE BY 3



About

- Gross motor skills – I get up, stand, crawl, walk, jump and run
- Fine motor skills – I use my hands and fingers
- I use my senses

In this booklet you will find text and suggestions about your child's motor and sensory development. The information is presented in two columns: "Children can...." are examples of what children aged 9-18 and 16-36 months are about to learn, be, do, and know. "What you can try to do together with your child...." are examples of what you can do to help your child thrive, learn, and develop. Some of the things you will read will likely be familiar and you probably already practice some of the examples of what you can do together with your child. Perhaps there is still something that is new to you, something you did not know your child could do, or that you would like to try some of the suggestions with your child?

Keep in mind that the age divisions are not absolute. Many younger children can do some of the things listed for children aged 16-36 months, and much of what is listed under 9-18 months is applicable to older children.

The descriptions and suggestions in this booklet can be viewed as a basis for thinking through and talking about how to best support your child in different situations in everyday life. They are not set answers.

GROSS MOTOR SKILLS

I GET UP, STAND,
CRAWL, WALK,
JUMP AND RUN



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Children aged 9-18 months can...

- Rock back and forth on their hands and knees, creep or crawl.
- Pull themselves up into a standing position by holding onto something, or someone.
- Walk while they hold onto furniture – e.g. walking around a low table.
- Walk.
- Climb.
- Dance, or move to music.

What you can try to do together with your child...

- Set aside time so that your child can safely move around both outside and inside.
- Move with your child, be where your child is.
- Give your child access to balls, games, toys, and other activities that encourage movement.
- Dance, sing, play games, play music and encourage your child to do rhythmic activities.
- Let your child walk/creep/crawl themselves as much as possible, both inside and out.

Children aged 16-36 months can....

- Gradually walk and run.
- Climb in and out of bed, up and down from a chair.
- Climb and go down stairs one step at a time.
- Jump up and down, squat and get up again, stand on tiptoes.
- Pull toys behind them.
- Kick a ball not in motion.
- Throw a ball or similar. Can catch a big ball against his/her body.
- Find joy in being active. Participate in play, dance and other physical activity.

What you can try to do together with your child...

- Show interest in your child's activities by watching what they do.
- Give your child an opportunity to climb and play outdoors in nature if possible.
- Be active with your child.
- Give your child plenty of opportunities to run, jump, throw and climb. Help your child throw a ball.
- Encourage your child to do activities that promote balance, (e.g. balancing on the edge of the sandbox, standing on one leg).
- Give your child access to toys that can be pulled behind them or pushed in front of them.

FINE MOTOR SKILLS

I USE MY HANDS AND FINGERS

Children aged 9-18 months can...

- Use their fingers and toes in play.
- Play with balls and other toys. Enjoy handling different toys in different ways (e.g. punch a ball, handle the ball, drop the ball on the floor and notice the sound, poke the ball, etc.).
- Pick up small things using thumb and index finger – pincer grasp.
- Coordinate eye and hand movements so they can put objects into a "sorting box."

What you can try to do together with your child...

- Give your child access to toys that they can reach for, grab, shake, poke and drop on the floor.
- Play "tickle games" where you use hands and fingers, count fingers and toes, give names to fingers and toes (e.g. "This Little Piggy...").
- Introduce various activity toys that encourage exploration and more controlled movements: sorting boxes, counting frames, etc.
- Let your child pick up small objects or foods like peas or maize to practice the pincer grasp.
- Let your child draw with crayons.

Children aged 16-36 months can....

- Reach for, grab and let go with more control than before.
- Use a spoon, fork, pencil, toy hammer, etc.
- Use fingers to paint with, play with clay, lay blocks in lines and rows and stack a few blocks on top of each other to make a tower.
- Insert nesting cups/blocks of various sizes into each other – up to 5 pieces.

What you can try to do together with your child...

- Let your child use pencils, paint brushes, and markers.
- Let your child have access to toys that can be taken apart and reassembled – e.g. Lego.
- Let your child have access to small objects such as slightly larger beads so he/she can practice picking them up using a pincer grasp.
- Facilitate and actively participate in table activities (drawing, playing with modelling dough, cutting and pasting, etc.) with your child.
- Let your child put puzzles together.

I USE MY SENSES

Children aged 9-18 months can...

- Explore objects through smell, touch, taste, sight and hearing.
- Enjoy exploring and touching different types of surfaces and textures, such as a hard desktop or soft pillows, looking at different colours, etc.

What you can try to do together with your child...

- Let your child swing, play on the seesaw and climb.
- Give your child access to toys and things with different surfaces that your child can touch and feel – use nature.
- Give your child access to different toys and things with different colours, shapes, smells and sounds.
- Talk to your child about what they feel, see, smell, hear and taste.
- Let your child play outside. Be outside together and explore what is there.

Children aged 16-36 months can....

- Dance and move to music and rhythms.
- Demonstrate eye-hand coordination – can build with blocks and take things apart, put together simple puzzles, thread large beads on a string.
- Become aware of where their body is in relation to other things, e.g. walking around a table without bumping into the edges.

What you can try to do together with your child...

- Dance and sing songs that include body movements. Play games that involve movement.
- Let your child move across, under, between and through. Both outside and inside. Set up, e.g., an obstacle course.





GROSS MOTOR SKILLS - I GET UP, STAND, CRAWL, WALK, JUMP AND RUN

FINE MOTOR SKILLS - I USE MY HANDS AND FINGERS.

I USE MY SENSES



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