

# Encouraging Gross Motor Development in Young Children

Information for Parents and Carers

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## What is this leaflet about?

This leaflet has been designed to provide parents and carers with ideas on how to help their child progress with their gross motor development.

## What are gross motor skills?

Gross motor skills are the abilities required in order to control the large muscles of the body for walking, running, sitting, crawling, and other activities.

## How can I help my child learn these new skills?

Play is crucial to the development of children's gross and fine motor skills. Through play, children practice and perfect control and coordination of large body movements, as well as small movements of hands and fingers.

It is important that your child keeps active to enable them to progress with learning how to run, jump, throw, climb, etc. You can help your child by providing them with a large safe area indoors or out, in which they can move about freely.

Below are some activities you could try to encourage these new skills.

**Walking and running at different speeds on different surfaces e.g. grass, sand, pavement.**



**Jumping or hopping games.**



**Throwing, catching and kicking balls, balloons or bean bags of different sizes. If you don't have a ball then you can use a rolled up sock or jumper.**



**Climbing in many different directions.  
This can be stairs, kerbs or on and  
off the sofa.**



**Crawling over, crawling under,  
crawling like a jungle animal**



**Pedal toys, Balance bike, scooters, pulling wagons or using push along toys.**



Remember that gross motor development happens inside as well as outside. A crawling tunnel, ride-on car, or pull toy can help children practice large movements of their arms and legs.

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