

# Let's Play Development 1

Physical Development: Gross and Fine Motor

To develop and encourage movement and fine motor skills.

## Tips –

Fine motor skills- using your fingers and hands.

- **Early reaching** – swiping at toys. Use a play gym and adapt it - dangle toys from it so that they touch your child's hand. Use your hand over your child's hand, encouraging them to touch the toys or objects.
- **Holding** - Place a toy in your child's hand and hold it with them. Over time, reduce your support until your child can hold the toy by themselves.
- **Transferring** – use a rattle with a small handle or ring. Let your child hold the rattle and pass it from one hand to the other. Use support if needed.

Gross motor- Moving about

- Encourage children to play on their side, tummy and move in a variety of ways. Provide mats, cushions and low furniture for your child to pull up to stand.
- Get a space blanket or toy of interest and put it a little out or reach to encourage movement.



