



Balancing

Take opportunities out and about, on walks and in the park, for your child to master the art of balance. Try starting with walking along a chalk line on the floor, before moving on to tree trunks and balancing beams.

Riding

Developing skills at riding trikes, scooters and bikes is important from a young age. Balance bikes are particularly recommended.



Steps, Stairs and Ladders

Take all opportunities for your little one to walk up and down stairs independently, using alternate feet. Teach them to hold the rails and take their time. Ladders not only support leg development, but also upper arm strength. A pre-requisite for writing. Encourage them to hold their body weight & hang.



Skip, hop and balance.

It may sound easy, but these are actually hard to master. Songs that include these actions are a good way to support them in developing these skills. Musical statues is a good tool here too, asking them to stop and stand on 1 leg.



Flags & Streamers

Having fun waving flags and streamers is a helpful way to use their large-muscle movements. Outside in the wind or inside dancing to music.

Mark Making

Using large-muscle skills to mark make is a pre-cursor to small-muscle writing skills. This can be achieved using big paint rollers and/or brushes with water outside on the ground or on garden fences. 'Painting' can be made even more exciting by using kitchen utensils instead of conventional brushes.

