

Children will develop gross motor abilities at different times but the below activities will promote their core, hip and shoulder control which will aid them in their gross motor development.

### **ACTIVITIES IN SITTING**

Encourage your child in long sitting to practise weight bearing through their arms, place toys either side of your child to encourage reaching out of their base of support.

Side-sitting is a lovely position to encourage reaching, weight bearing and transition into crawling.

Place toys they engage with to the side of them and encourage them to weight bear through their arm and reach over to that side. You can then help facilitate their bottom into a 4-point position and help them bring their underneath leg through.



## FOUR POINT KNEELING

This position will help develop trunk control and shoulder stability in your little ones and is the starting block for crawling.

You can support your child in this position by placing a rolled towel under their chest or place them over your leg to encourage a 4-point position.

Gradually reduce the support you're giving them in 4-point until they're able to maintain this independently.

Encouraging your child to release a hand to reach and play is a lovely activity to aid them in crawling and releasing an arm to move.



## HIGH KNEELING

This position is lovely to strengthen around their middle.

Encourage your child to kneel up to an appropriate sized surface such as your base sofa cushions on the floor or a little toy box.

You can help your child in this position if they are struggling by supporting at their hips.



**This document is available in Welsh / Mae'r ddogfen hon ar gael yn Gymraeg**