



Gross Motor Development



Early Childhood Intervention services (ECI) are provided to families who have infants or toddlers with qualifying disabilities or developmental delays. Most ECI services are provided at home; however, services can be provided in other settings. These settings can include childcare, early education programs, library activities or simply playing in the neighborhood park/playground. Often times the parent or caregiver will request for some services to be provided in the childcare setting, if applicable.

ECI can work with a childcare provider who may have a child in their infant or toddler class who needs extra help with the development of gross motor skills. These are skills that use the larger muscles of the body. Children with gross motor delays may have difficulties with their balance, body strength and overall mobility. There are toys for infants and toddlers they may already have in their class to help children develop gross motor skills. Even though some children may take a little more time to develop their gross motor skills, they can still join their peers in daily activities to increase their strength, balance and coordination.

Toys and equipment a childcare provider may already have for gross motor development include:

- Small push-pull toys and riding toys without pedals
- Gyms that allow infants to grasp or kick at items
- Large blocks or construction toys
- Balls of various sizes that can be rolled, thrown, or kicked
- Indoor and outdoor climbing and swinging equipment appropriate for a child their age

If you are a parent and your child is receiving ECI services, your ECI professional can work with the childcare provider to integrate sessions into their existing class routines. The ECI staff person may also help them arrange their classroom, suggest new or different ways to use the toys and equipment in the class, or plan activities that help all children develop gross motor skills.

Resources

Here are some helpful resources you can share with your childcare provider about gross motor activities for all of the children in the class.

Play Activities to Encourage Motor Development in Child Care

<http://www.extension.org/pages/25802/play-activities-to-encourage-motor-development-in-child-care>

Perceptual and Motor Development Domain

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<http://www.cde.ca.gov/sp/cd/re/itf09percmotdev.asp>

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