

MOVEMENT FOR LEARNING: FINE MOTOR SKILLS . . .



Young children need to develop fine motor skills early to help them learn. There are many simple and fun activities that families can do together to help develop these skills. Children practice fine motor skills when they pick things up, use scissors or crayons, and button or zip clothing. Try some of these activities with your child:



Use pipe cleaners, beads, and tape to create a fun and colourful counting game. As kids bead the pipe cleaners they're practicing the coordination needed to move and direct objects. Beads can be a choking hazard, remember to always watch your child when playing with small objects.



Use a single-hole punch and some bright coloured paper to create fun confetti for future art projects and strengthen their ability to grasp and hold objects.



Help children learn their colours and practice reading with a matching game made by painting a paper plate and clothespins. Using blocks, clothespins, tongs, and other tools keeps children interested in learning new skills.



Grasping and pulling at tape on highchairs or table tops allows children to practice a pincer grasp. This skill is later used when holding a pencil and tying shoes. You can also try taping small toys.

The 18-month well-baby visit is an important chance to talk with your health care provider. Book your appointment to ask about your child's growth and development.

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MOVEMENT FOR LEARNING: GROSS MOTOR SKILLS



Young children need to develop gross motor skills early to help them learn. There are many simple and fun activities that families can do together to help develop these skills. Children practice gross motor skills when they run, jump, climb, throw, catch, balance and coordinate. Try some of these activities with your child:



Safe and fun spaces give children the freedom to play and be more active. Your yard, neighbourhood, and local parks may be good places for your child to create their own games and play with others.



Using play equipment like shovels, balls, rackets, and wagons lets children practice different types of movements in fun and creative ways. There's no need to buy anything expensive—use cardboard boxes, wooden spoons, or old pots.



Outdoor play connects children to nature and helps them explore, climb, lift, and jump. Children need outdoor activities that inspires their curiosity. Help them learn about the world around them and how we connect to our environment.



Parents and families can role model healthy lifestyle behaviours. All children need a balance of physical activity, sleep, and non-screen activities like reading.



Climbing stairs is an important skill to learn. Help children learn to climb up and down stairs safely.

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