

DOES YOUR CHILD:

Child's Name _____

Move across the floor by rolling, scooting, or crawling?

- Often Sometimes Not Yet

Move things from one hand to the other?

- Often Sometimes Not Yet

Participate in feeding, dressing, and bathing as you would expect?

- Often Sometimes Not Yet



Clip and return to school.

Clip and Save.

Provide a safe place for your child to move about

Find places and times that your child can explore and move about safely without sharp corners or things that break easily. Use couch cushions or blankets to make a soft floor and play music for your child to react to. Section off some space outside to throw or roll balls. Find a safe place for your child to practice pulling up to stand or to get their balance.

Give your child objects to handle

Provide your child with safe snack foods that they need to pick up with their first finger and thumb (e.g. oat cereal, small crackers). Give them empty boxes or soft blocks to stack, or large beads and containers to use. Toy cars, dolls, and puppets can encourage your child to use their hands in different ways.

Get your child involved in dressing, bathing, and eating routines

Bath and dressing times are a great chance to build motor skills and body awareness. Allow your child a chance to pull off their socks, handle clothing items, or hold a cup or spoon. These actions involve your child in the daily routine and provide a chance to practice motor skills.

