

Movement is a vital part of your child's development. Giving lots of opportunities to move in different ways in their early years will help their brains to develop healthily and will give them a good start for learning as they move through school. Here are some ideas to get your child moving!

Senses

- ❖ Help your child to develop the senses in their hands and the soles of their feet. In a safe environment encourage them to feel different materials like grass, rugs, carpets and other fabrics, paint or even jelly!!
- ❖ Again making sure it's safe, allow your child to be bare foot. Sensory development is extremely important for your child.



Let's Get Moving!

Crawling

- ❖ Crawling helps your child to develop balance and coordination.
- ❖ It strengthens the muscles in their arms and legs and the bones in their hands.
- ❖ It will help with their memory and sorting skills as they take in their surroundings while moving around.
- ❖ Allow your child to revisit crawling as they get older. It will really help with all of the above!

Movement and Early Writing

All of these activities will give your child a great start when they begin mark making and writing. Movement helps to develop the large muscle groups in your child's body which then helps to develop the smaller muscle groups in your child's hands and fingers. This is vital for pencil grip, coordination and orientation and spatial awareness on a page. Give your child a head start in writing by getting them moving!

Rocking, Rolling and Spinning

- ❖ Take your child to the park and let them play on the rockers and roundabouts. At home, encourage your child to roll around in different ways. This will help them to develop balance and coordination.
- ❖ When they come to learning to read, spinning will help them to track words on the page when they are reading.

Floor Time

- ❖ Tummy time is important for your baby. It helps to develop the core muscles in the back and neck. It helps them to stretch out their hands as they push up - (great for pencil grip when they get older)! It will also help with potty training, strengthening the muscles needed for bowel and bladder control.
- ❖ Be aware that if your baby was premature or suffers with reflux, tummy time may be uncomfortable for them.
- ❖ Tummy and back time is also important as your child gets older. Encourage them to play on the floor on their tummies and backs to continue their development.

The Early Years team at Pudsey Bolton Royd have received training from Sharon Tredgett who is an expert in the way that children learn through movement. Her book 'Leaning Through Movement in the Early Years' is available in book shops and online.