

Gross Motor Skills Development for 0-6 Month Olds

What Are Gross Motor Skills?

- Gross motor movements involve large muscle groups, such as the muscles of the arms, legs, and trunk. Gross motor skills are needed for actions like walking, running, reaching, and even just sitting upright. It is important for children to develop gross motor skills because they aid in a child's awareness of where their body is in space and many of the skills act as precursors to more intricate movements, known as fine motor skills.

(Pathways, 2021)

What Should You do if Your Baby is Not Reaching Milestones?

- If you notice that your baby is not reaching developmental milestones on time, it is important to speak with your pediatrician to determine the cause of the delay. This could indicate a developmental condition, but many times there is nothing to worry about because there is a lot of variation in when babies meet these milestones.

(Centers for Disease Control and Prevention, 2021)

What Gross Motor Milestones Should a Baby be Reaching?

- At 2 Months a Baby Can:

- Lift and hold head up while laying on tummy
- Push up on arms while laying on tummy
- Bring hands to mouth
- Kick legs and move arms while laying on back

- At 4 Months a Baby Can:

- Roll from belly to back
- Push up on forearms
- Turn head side to side while on tummy

- At 6 Months a Baby Can:

- Roll from back to belly
- Bring feet to mouth while laying on back
- Sit with some support
- Reach for toys

(Pathways, 2021)

Gross Motor Activities For 0-6 Month Olds

Developing your baby's gross motor skills can be both easy and fun! You just need to know where to start. Here is a list of simple activities and games you can play with your little one to make them a gross motor expert!

Tummy Time Magic Carpet Ride

- For this activity, you will need a large blanket and a clear path on the floor to walk around. Lay the baby on the blanket so they are on their tummy. Take the ends of the blanket and slowly pull the baby around the room while they are laying on the blanket. This helps babies to develop neck and head control as well as shoulder and core strength.

Plastic Baggie Reach

- For this activity you will need a zip-top bag, tape, and small items from around your house, such as dried beans, beads, glitter, or pom-poms. First, add items to the bag and make sure the bag is sealed. If you chose messier items, you may want to tape the end of the bag closed to prevent it from leaking. Next, place the bag in front of your baby during tummy time so they can see and reach for the items. Remember to supervise your baby during this activity to ensure their safety, due to the risks associated with plastic bags. This activity helps to strengthen the muscles in your baby's trunk, neck, shoulders, and arms.

Tissue Paper Kick

- For the Tissue Paper Kick, you will need streamers or tissue paper and a chair. Attach the tissue paper, or streamers, so that they hang down from the seat of the chair and almost touch the ground. Position your baby so they are on their back with their feet near the dangling pieces of tissue paper. In this position, the baby can kick the tissue paper to strengthen their leg and core muscles.

References

- Centers for Disease Control and Prevention. (2021, July 28). *Concerned about your child's development?*.
<https://www.cdc.gov/ncbddd/actearly/concerned.html>.
- Pathways.org. (2021, April 20). *Developmental milestones for all ages*.
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