

What are gross motor skills?

And why are they important for children's development?

What are gross motor skills?

Gross motor skills involve movement and coordination of the arms, legs, and upper body.

These skills are very important as they help a child engage in play based activities, self-care and being able to participate in school based tasks.

When should I be concerned?

Common gross motor difficulties can include:

- **Poor balance and posture**
- **Poor strength** (*lifting a heavy object such as a jug of juice*)
- **Uncoordinated movements** (*difficulty climbing a ladder*)
- **Poor awareness of their body in surrounding space** (*clumsiness*)



What can I do to help my child?

- **Prioritise floor tummy time for infants**
- **Avoid using baby walkers**
- **Limit screen time (TV, iPads, Phones and other devices)**
- **Encourage your child to play outdoors**
- **Take your child to playgroup**

Where can I get more information or support?

You can discuss any concerns about your child's gross motor skills with your :

- Local Child & Family Health Nurse
- Doctor (GP) or Paediatrician
- Community Health Centre



Important points to remember

- **You know your child best. If you think something is wrong, seek support**
- **Seeking help early is best but it is never too late to ask for help**
- **Take this handout to your Doctor to help discuss your concerns**
- **Remember you can get a second opinion if you feel your concerns are not being addressed**

This resource has been developed by the 'Stronger Seeds Taller Trees' project.

General Practitioners can access further information about this initiative by visiting the South Western Sydney Primary Health Network (PHN) online GP Newsletter.

[South Western Sydney Primary Health Network](https://www.swsphn.com.au)
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Increasing early supports to improve child outcomes

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