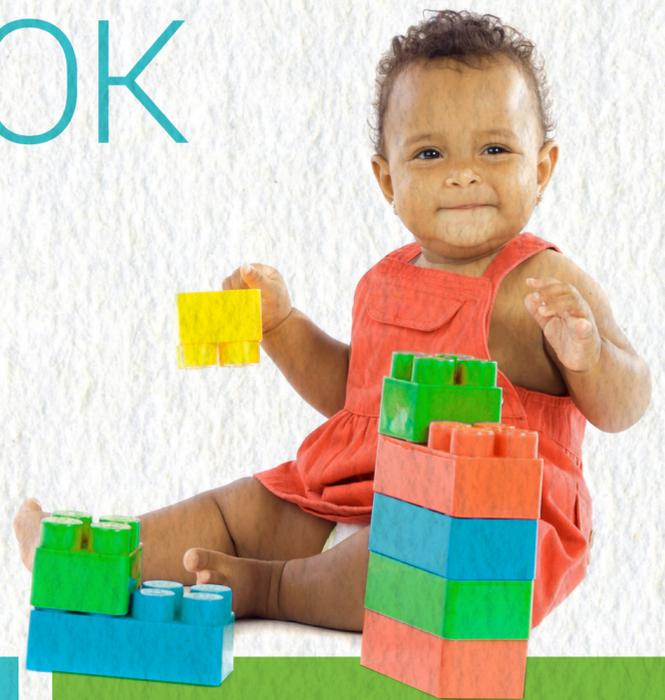


# Motor & Physical Development

## a CLOSER LOOK



### MOTOR DEVELOPMENT

refers to the growth and strengthening of your child's bones and muscles, and their ability to move within and touch their surroundings.

There are two types of motor skills:

#### Gross Motor:

Development of muscles that enable larger movements

- Sitting up
- Crawling
- Walking
- Balancing
- Jumping

#### Fine Motor:

Development of muscles that enable smaller movements

- Fingers
- Toes
- Wrists
- Lips
- Tongue

### PHYSICAL DEVELOPMENT

is important because it's tied to other areas of development:

If a child learns to crawl and walk (gross motor skills), they can more easily explore their physical environment, which affects their cognitive development.

Social and emotional development progresses when a child can speak, eat, and drink (fine motor skills).