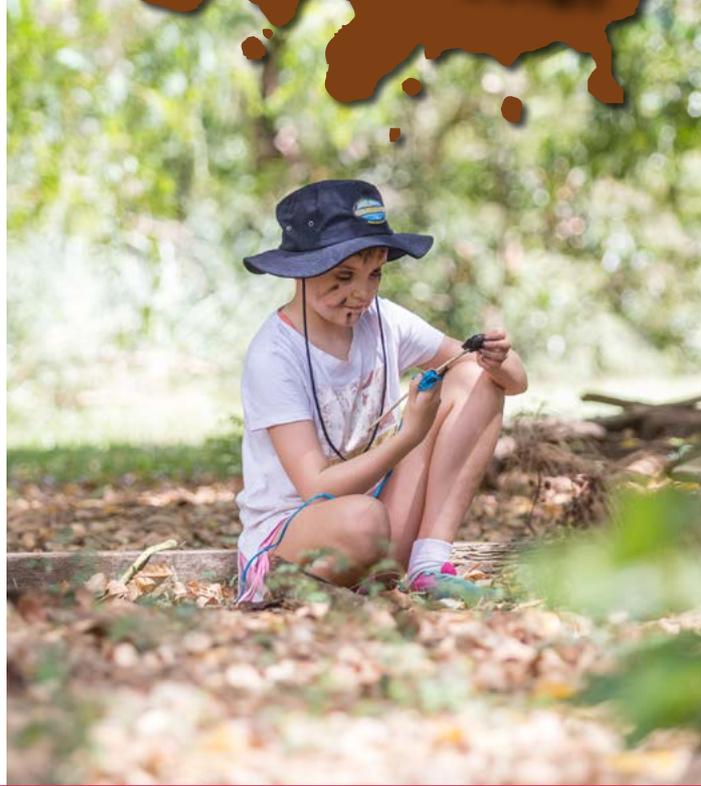


# Essential ingredients for healthy development

## GROSS MOTOR

### Postural Control

Postural control is the ability to sit, stand and move without support. It is important so that we can move our legs and arms smoothly. We use our trunk or core muscles to support the stomach, neck and back to assume and maintain postural control. We use it to sit at a table, when writing, getting dressed and climbing.



Play,  
movement  
and time  
outside

### Activity ideas

- Balancing on rocks or playground edges
- Digging in gardens, sandpits or at the beach
- Walking on uneven surfaces - bushwalking, sand dunes, creek beds, hills
- Playgrounds - climbing, swinging, sliding
- Climbing trees
- Pushing things (eg wheelbarrow, pram, box, old tyres)
- Tug of war games or for younger children row, row your boat movement songs
- Crawling up, under, over and through
- Fruit picking
- Swimming, bike riding, rock climbing

### Make it easier

- Your child may need to start lying down, sitting or have their feet wider apart. Work where they feel stable and comfortable and then encourage them to reach further.
- Provide external support and slowly remove it over time
  - Ensure feet and hips are stable, then if needed provide support at shoulders, as they improve the support may only need to be holding hands or touching fingertips until you can just be nearby
- Start out with shorter distances where it is mostly level and gradually add in hills and uneven ground. e.g. a walk through the local park before along a creek bed

### Add challenge

- + Challenge your child to reach further up and to the side away from their body whilst maintaining stability at their base. Add targets to make it fun.
- + Try standing with legs closer together, on a single leg, or walking toe-to-heel
- + Add resistance to pull or push against