

# WHAT ARE MOTOR SKILLS

*And How Does My Baby Develop Them?*

## ACTIVITIES FOR MOTOR SKILLS DEVELOPMENT

*Babies and Toddlers can fine tune their motor skills by doing anything from tummy time, to singing nursery rhymes or playing with Playdough. Interactive songs with actions, such as 'Heads, Shoulders, Knees and Toes' can be a great activity for motor skills.*



## AT WHAT AGE DO MOTOR SKILLS DEVELOP?

*Babies learn motor skills at different rates. Babies learn motor skills at different rates but starts from birth, with children reacting to the sights and sounds around them. The more defined motor skills come in between six to 12 months and one to two years when you're thinking about them sitting and grabbing.*

## What Are Motor Skills?

*Motor skills can include:*

- *Large whole body movements*
- *Looking around and responding to lights and sounds*
- *Grabbing and picking things up*
- *Rolling or standing*

