



Radio Stations : **All Community Radio Stations**
Subject : **Early Childhood Development**
Audience : **Parents, caregivers and educators**
Program Topic : **Motor Skills (LOVE)**

Guidelines to the presenter

- Presenter – please familiarize yourself with the brief and the use the facts effectively by referring to them from time to time during the show.
- You should be seen as a peer rather than an authority.
- Offer guidance or opinion rather than telling people what to do.
- Encourage people to seek further information
- Always keep the objectives and outcomes in mind and drive these.

Topic: Motor skills

Objectives

- Develop the understanding of what motor skills are
- Develop understand of the importance of motor skills
- Share ways or activities that can improve children’s motor skills

Introduction

On this show, we celebrate the fact that you are the most important person in your child's life. You have the power to give your child the best possible start in life and it doesn't have to cost you a cent. All it takes is your love, play and talk.

In the last few weeks we have been talking about the mental development of children. Today we shift the focus to physical development. All children develop physically but at different rates. This physical development entails what is called motor skills. Developing your child's motor skills is not difficult but requires concerted effort to set up appropriate activities for them. Children's motor skills need support to develop, otherwise children are at risk of struggling with skills such as writing and cutting. There are two types of motor skills, gross and fine...

Questions	Facts/Information
<p>1. <i>We have been talking a lot in the last few weeks about how children development. Today we are going to be speaking more about physical development. Tell me a bit about how we develop physically?</i></p>	<p>When your baby is newborn, his brain is not mature enough to control skilled movement. Development starts at his head then moves down the body as he slowly learns to do different movements. A newborn baby can control his mouth, face, lips and tongue and the rest follows in time, at slightly different pace for all children. Your baby learns to control his neck before his shoulders and his shoulders before his back. Your baby can control his arms before his hands and his hands before his fingers. Slowly babies develop gross motor and then fine motor skills. Some milestones of physical development are that at:</p> <ul style="list-style-type: none">• 6 months – can sit straight• 12 months – takes first steps

<p>2. <i>What is a motor skill?</i></p> <p>3. <i>And what are the differences between gross motor skills and fine motor skills?</i></p> <p>4. <i>How do you support good physical development for babies?</i></p>	<ul style="list-style-type: none">• 24 months – can jump• 36 months – can cut with scissors; runs on toes <p>A motor skill is simply an action that involves your baby using his muscles. When children hold objects and play with them, their small muscles are being used; when they climb, jump and run, their large muscles are being used. Both sets of muscles need to be developed.</p> <p>Gross motor skills are larger movements your baby makes with his arms, legs, or feet, or his entire body. So crawling, running and jumping are gross motor skills. Fine motor skills are smaller actions. When your baby picks up things between his finger and thumb or wriggles his toes in the sand he's using his fine motor skills. But it's not just about fingers and toes. When your baby uses his lips and tongue to taste and feel objects he's using fine motor skills too.</p> <p>When children play they move around and are active, and this helps to exercise and develop their muscles, so just ensuring your child has lots of time and space to play is good for their development. However you can also encourage your baby's</p>
---	---

<p>5. <i>So play is really important for physical development?</i></p>	<p>development by playing games which challenge him a little. When he can sit well unsupported put his best toy just out of reach. This will mean he must balance as he makes a grab for his toy. Watch for any changes in how he uses his legs, arms and fingers. When your baby gets the hang of a game find another toy or activity that practises new skills but don't make things too difficult for him. Any change you make should encourage him to have a go at doing something just a little more difficult, not give up trying.</p> <p>When parents/caregivers play with their babies and young children, they are helping them exercise which in turn develops and strengthens their muscles. Exercise can start from birth. Exercising can also prevent babies and children from growing bored.</p> <p>When the muscles in the back of a baby are sufficiently developed, a baby of six months will be able to sit between cushions. When parents/caregivers do this, they are helping the baby develop their back muscles. Their strengthened back muscles will eventually help them to sit independently and also support them when they start to crawl and later start to walk.</p>
--	---

diversion while you walk. Indoors, lead a parade with musical instruments or flags.

- **Encourage sandbox time.** Fill the box with sand toys that encourage manipulation.
- **Water play in the backyard.** A paddle pool, sprinkler, or running hose all encourage splashing, running, and touching. (Always supervise your child around water.)
- **Make an obstacle course in your living room or backyard,** consisting of cushions, cardboard boxes, toys, or other found objects that your child can run around and climb over.
- **Play pretend games.** Animals are a young child's favorite: "Can you walk like a chicken? Gallop like a horse? What does a puppy do?" Or encourage your child to "fly" through the yard like an airplane or row a boat across the room.
- **Introduce different kinds of tag at playdates:** Play freeze tag, for example.
- **Play ball.** Games that involve kicking, throwing, and catching are great practice. Try not to get overly

<p>8. <i>I guess because children are so active, your don't have to worry much about gross motor development. What about fine motor development?</i></p>	<p>elaborate about rules in the preschool years.</p> <ul style="list-style-type: none">• Dance to the music. Expose your child to different styles of music. Playing musical instruments boosts physical development, too. Or share tunes with physical movements, like "I'm a Little Teapot." Many familiar songs emphasize fine-motor skills through finger play, such as "Patty Cake" and "Itsy Bitsy Spider."• Place a string on the ground and pretend it's a tightrope or a pirate ship's plank to develop balance.• Wash the car, bikes, dog — anything involving soap bubbles and water is energizing fun.• Another game that can also develop the muscles is 'hide and seek', i.e. all the children (except one) hide from each other and <p>Fine motor skills involve the small muscles of the body such as grasping and fastening clothes – and they are really important because the help later with writing. These skills are important in most school activities as well as in life in general. Weaknesses in fine motor skills can affect a child's ability to</p>
--	--

eat, write legibly, use a computer, turn pages in a book, and perform care tasks such as dressing and grooming. It is therefore important for parents to support children's development of their fine motor skills — small, precise thumb, finger, hand, and wrist movements — because they support a host of other vital physical and mental skills. Stacking blocks, for instance, involves not just picking up the blocks, but knowing what to do with them and planning out the action

9. *How can you encourage your child's fine motor skills?*

As any parent who's ever heard "me do it!" knows, toddlers don't need much prodding to try new things. Of course, your child won't be able to do everything right away. But with encouragement, support, and lots of time to learn, he might surprise you. So back off and let him try his hand at simple tasks, like getting dressed (he can start looping large buttons through buttonholes) and making breakfast (hand him a spatula, a slice of toast, and a jar of jam and let him get busy).

Variety is the spice of life, so mix things up once in a while. Some important activities are drawing and scribbling, stacking, stringing and sorting and prodding.

<p><i>10. Tell me about drawing and scribbling? When does this start and how do parents support this?</i></p>	<p>Provide your child with lots of opportunities to hold pens and draw on paper from young. Sometime between the ages of 12 and 18 months, your toddler will probably attempt to "write" by making marks on paper, and sometime between 18 and 24 months she may surprise you by drawing vertical and horizontal lines and perhaps a circle. Applaud these early doodles - Drawing with a crayon involves fine motor skills such as grasping and holding, for instance, as well as boosting your child's visual skills and developing imagination. And don't forget finger-painting. While learning how to hold and manipulate an implement is important, finger-painting gives your toddler's fine motor skills and creativity a workout, too. Importantly remember that drawings don't need to be perfect – celebrate all the efforts of your child to encourage a positive experience for them. Scribbling is great for fine motor skill development!</p>
<p><i>11. What are some of the other ways we can help them develop fine motor skills?</i></p>	<p>One of the most important ways we can help our children while playing with them is through setting up simple activities that help to develop fine motor skills. There are plenty of easy ways to strengthen these</p>

12. *Can you describe some of these activities to strengthen little fingers?*

muscles, using simple, everyday materials – one of the most important ways is to create a home environment which makes pens and paper available. And then you can set up activities specifically to strengthen small fingers.

Sorting objects is a good way to strengthen little fingers – for example give children beans to sort, different coloured beads or small things to sort

Threading beads onto string – even pieces of macaroni are really good for this activity and children can paint them too!

Collecting small natural objects – sticks, stones and leaves

Playing with **playdough** - pinching and pulling playdough is good for finger strength

Tearing paper into small pieces

Crumpling paper in one hand

Drawing in the sand –with fingers or sticks

Cutting and sticking are also important and together you can make some fun art projects

Using pegs – learning to put pegs and the edge of boxes and later on the washing line is really good!

Helping during cooking can also help with these fine motor skills

<p><i>13. I remember you gave us a recipe for playdough before – could you just remind us how to make this?</i></p>	<p>Playdough is really fun for playing with but also teaches children about texture, building with their hands and helps with the fine motor skills needed later for writing. It is easy to make playdough at home. You will need 1 cup of flour, ½ cup of salt, 1 tablespoon of oil, 2 teaspoons of cream of tartar and a cup of water.</p> <p>Mix these all together and then bring to boil on your stove, stirring all the time. The playdough is ready when the mixture goes lumpy and leaves the side of the pot. Cool slightly and then add a few drops of food colouring if you have to make different colours. Store in an airtight container.</p>

<p>Conclusion</p>
<p>Parents can support their children’s physical development by ensuring plenty of outdoor, active play and by encouraging small muscle development. Children’s fine motor skills need support to develop, otherwise children are at risk of struggling with skills such as writing.</p>

Learning outcomes

After listening to this show the audience should:

- Understand that children need active lives with lots of opportunity for outdoor play
- Understand the importance of fine motor skills for future writing and life skills
- Provide opportunities for children to draw and set up other activities for children to develop fine motor skills