



Motor Skills in Child Development

From 0 months until 6 years


Overview

- What is Motor Skills in Child Development
- Different stages of age
- What you can do
- Developmental delay
- Treatment




What is paediatric physiotherapy?





Birth - 2 months

- ▶ Raises head slightly off floor or bed when on stomach
 - ▶ Holds head up momentarily when supported
 - ▶ Alternates kicking legs when on back
 - ▶ Arm thrusts in play
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3 – 5 months

- ▶ Lifts head and chest when on stomach (props on forearm)
- ▶ Head control improving
- ▶ Some head bobbing in supported sitting
- ▶ Rolls from side to side
- ▶ Rolls from stomach to back
- ▶ Sits briefly with arm support
- ▶ Random batting at objects
- ▶ Hands to midline
- ▶ Makes crawling movements




6 – 8 months

- ▶ Reaches to objects on stomach
 - ▶ Pivots around when on stomach
 - ▶ Pulls self forward on stomach
 - ▶ Rolls from back to stomach
 - ▶ Sits alone briefly
 - ▶ Moves from sitting to lying on stomach
 - ▶ Stands with support
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9 – 11 months

- ▶ Sits alone with trunk rotation
 - ▶ Pivots and scoots in sitting
 - ▶ Creeps and crawls
 - ▶ Pulls to stand
 - ▶ Stands alone momentarily
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12 – 15 months

- ▶ Assumes tall kneeling
- ▶ Walks on knees
- ▶ Walks independently without support
- ▶ Able to stand without support
- ▶ Creeps up stairs
- ▶ Able to start, stop and turn without falling while walking
- ▶ Crawls up on chairs or other furniture
- ▶ Runs



16 – 18 months

- ▶ Walks up one step at a time with hand held or railing
- ▶ Creeps down stairs
- ▶ Walks with heel-toe pattern, seldom falls
- ▶ Walks sideways and backwards
- ▶ Run stiffly
- ▶ Stands on one foot with help
- ▶ Kicks large ball forward after demonstration
- ▶ Manages riding toys
- ▶ Good balance and coordination



19 – 24 months

- ▶ Walks down one step at a time with rail or hand holding
- ▶ Squats in play and stands back up
- ▶ Jumps in place
- ▶ Kicks a stationary ball
- ▶ Jumps off 12 inch box with 1 foot leading
- ▶ Walks on balance beam with 1 foot on / 1 foot off
- ▶ Walks up and down stairs alone




24 – 29 months

- ▶ Walks on balance beam with one hand held
- ▶ Stands on balance beam alone
- ▶ Walks up stairs one step at a time with no railing
- ▶ Runs well
- ▶ Briefly stands on one foot
- ▶ Jumps from one step with feet together
- ▶ Throws ball overhead
- ▶ Climbs on play equipment-ladders, slides, etc.



2 -3 years

- ▶ Walks down stairs step by step without railing
 - ▶ Balances on one foot 2-3 seconds
 - ▶ Jumps forward at least one foot
 - ▶ Walks on balance beam alone
 - ▶ Walks on tip toe when asked
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3 – 4 years

- ▶ Walks on balance beam sideways
- ▶ Catches a bounced ball
- ▶ Rides a tricycle
- ▶ Hops on one foot 2-5 times
- ▶ Balances on one foot 2-5 seconds
- ▶ Consecutive jumping
- ▶ Walks up stairs step over step alone



4 – 5 years

- ▶ Balances on one foot 4-8 seconds
 - ▶ Walks on balance beam in all directions
 - ▶ Walks down stairs step over step alone
 - ▶ Kicks a rolling ball
 - ▶ Catches large and small ball with outstretched arm
 - ▶ Throw a small ball overhand
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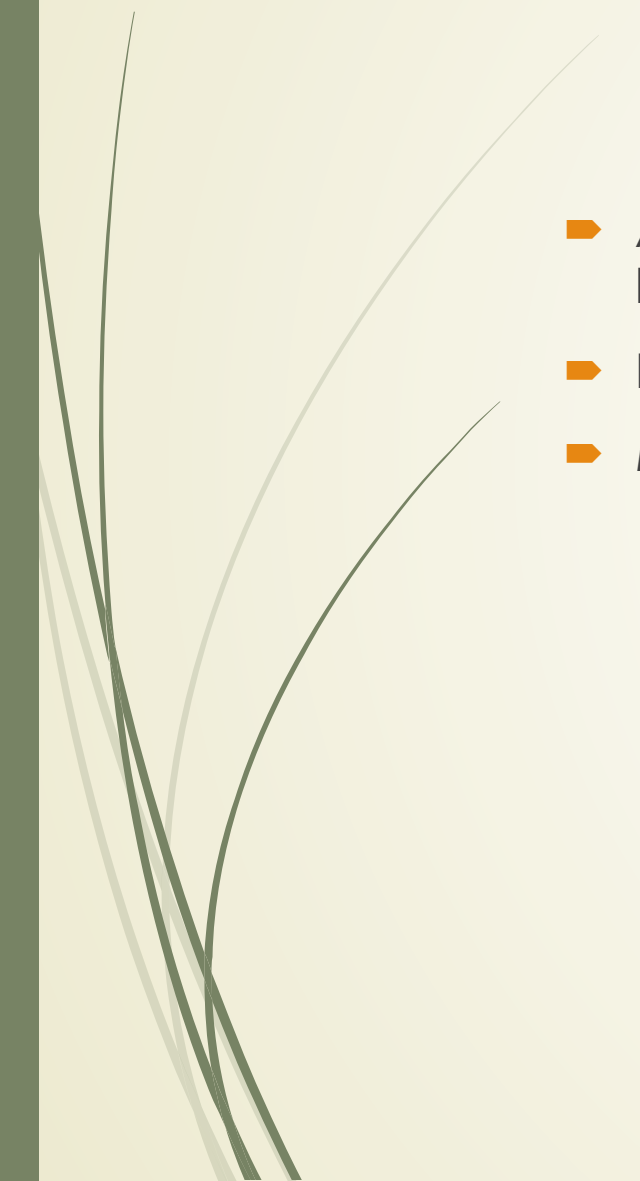


5 – 6 years

- ▶ Balances on one foot 10 seconds
- ▶ Skips
- ▶ Rides a bike with or without training wheels
- ▶ Begins to jump rope
- ▶ Hops on one foot ten times
- ▶ Catches bounced or thrown ball with hands
- ▶ Walks on heels when asked
- ▶ Swings on swing, pumping by self




What we can do

- ▶ As parents/ teachers, you are the best at determining whether the child is having difficulties in their development
 - ▶ Do not hesitate to bring it to the attention of your doctor and therapist
 - ▶ Multiple opportunities to practice motor skills
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Developmental delay

- ▶ Development coordination disorder
 - ▶ Hypermobility syndrome
 - ▶ Hypotonia
 - ▶ Gross Motor Development Delay
 - ▶ Neurological condition
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Treatment

- ▶ Balance and coordination training
- ▶ Strengthening and endurance training
- ▶ Tone normalization
- ▶ Motor learning therapy
- ▶ Open/closed chain activities
- ▶ Functional skills development
- ▶ Postural correction and walking gait analyzing
- ▶ Electrical stimulation
- ▶ Provision of home program
- ▶ Education to patients / caretakers / teachers