

# Fine and gross motor skills

[Science](#), [Social Science](#)



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Motor skills are the movements made by a child from the moment they are born up to when they will perfect them. The gross motor skills are the big movements which involve the use of the bigger muscles in the legs, arms and even feet. They assist the child to crawl, to jump, move around and even be able to run. On the hands, they are able to catch and throw as well as be able to lift and hold their head up without any need for support. These skills develop anywhere between three months and 2 years depending on baby's growth.

The fine motor skills on the other hand are the smaller movements of the smaller muscles in the fingers, toes, wrists among other places. These develop after the gross motor skills have already developed and they assist children once they are ready to join kindergarten. Children with developed fine motor skills are able to draw, pick food and even turn pages. These develop between 2-5 years.

### Child Care

Child care means ensuring that the environment the baby is growing up in is safe and healthy enough for the child and this is the work of parents, guardians, grandparents and other relatives, babysitters or even nanny, licensed child care centers as well as older siblings. Even when the parents are working and have to leave the child with other people who are capable, they should still ensure that the environment is safe and healthy for the children and communicate the same to those taking care of the children. What should be considered before leaving the child with just anyone is the

interaction of that person with the baby, the cleanliness and safety of the environment, activities the child can participate in, the food and beverages being provided and whether they are healthy enough as well as how the person engages in activities with the children. If the staff or individual does not look happy to interact, then the child will not have enough development with that person.

### Reading

What some parents do not realize when it comes to reading to children is that it is never too early to do so. The earlier the reading and frequency the more the baby starts learning vocabulary as well as getting their brain cells stimulated to grow. The baby also starts getting and strengthening listening skills as well as gaining memory skills. Reading also promotes bonding with the child with the soothing sounds of a parent's voice. The baby also starts getting awareness of the world in addition to beginning a reading culture in them.

Different age groups have different reading books as well as capacity they can understand. Their concentration span increases with age and hence only a few pages should be read at a time and increase as the child develops. The presence of animals and drawings in a baby's book helps in learning while encouraging them to repeat as you read along with them builds their confidence and reading skills as they grow up and start pre-school.

### Work Cited

First 5 California. Learning Center. 2014. Retrieved from <http://www.first5california.com/parents/default.aspx>