

Physiotherapy Advice

Gross Motor Skills

SIDE-LYING ACTIVITIES

Aim: Working on ability to roll which aids midline crossing and rotation and ability to bring hands together for play

What to do:

1. Ensure area is clear of other obstacles
2. Assist child into side-lying position on floor ensuring that support is provided if required
3. Place toys in front of child and encourage him/her to reach for and play with toys using both hands
4. Take one of the toys and move it slightly behind the child
5. Ask child to pass you the toy

Variations:

- Facilitated rolling
- Mirror

Important Note

Encouraging gross motor skills requires a safe, open play space and adult supervision at all times. Helping a child succeed in gross motor tasks requires patience and opportunities for a child to practise desired skills.

Remember, each child is an individual and children develop at different rates. You know your child best so ensure the activity is aimed at an appropriate level for him/her and provide supervision/assistance at all times.