



A Therapeutic Approach  
to Movement and Learning

# Building Gross Motor Skills

## How Good Beginnings Can Help

Gross motor skills are essential for everything from running and jumping to sitting upright and maintaining balance. If your child struggles with coordination, core strength, or movement, everyday activities like climbing stairs, riding a bike, or playing with friends may feel frustrating. The good news? With the right support, kids can develop the strength and coordination they need to move with confidence. Here's how Good Beginnings can help—and some simple activities to start at home!



### Strengthening Core & Postural Control

A strong core helps kids sit upright in a chair, maintain balance, and move with control. Weak core muscles can lead to slouching, fatigue, or difficulty with activities like jumping and climbing.

**TRY** Encourage **animal walks** like bear crawls, crab walks, or frog jumps. These fun movements strengthen the core and improve coordination.

### Improving Balance & Coordination

Some kids struggle with stability when walking, running, or transitioning between positions. Our therapists use fun, engaging exercises to improve balance, spatial awareness, and coordination.

**TRY** Play **"stepping stones"** by placing pillows or paper plates on the floor for your child to step between. This builds balance and body awareness in a playful way!

### Helping with Strength & Endurance

Low muscle tone or weakness can make activities like standing for long periods, keeping up with peers, or even playing on playground equipment challenging. We incorporate strength-building exercises tailored to your child's needs.

**TRY** Try wall **push-ups** or **hip bridges** to build upper body and core strength in a fun, active way.

### Supporting Coordination for Running, Jumping & Sports

Some kids struggle with skipping, jumping, or catching a ball because their bodies have trouble coordinating movements. We use engaging, play-based activities to help children develop these skills.

**TRY** Practice **"jumping over the river"** by laying down two jump ropes (or pieces of string) and having your child jump forward, backwards, side to side, and open/close using the rope to guide them. Start with a small gap and increase the distance as they improve!

### Telehealth Support for Home-Based Movement Strategies

If making it to the clinic is tough, we offer telehealth sessions to provide parents with movement-based activities that can be done at home to build strength, coordination, and confidence.

**TRY** Incorporate **movement breaks** throughout the day—jumping jacks, obstacle courses, or even a quick dance party can help kids develop gross motor skills while having fun!

### You're Not Alone- We're Here to Help

Gross motor challenges can affect confidence, participation in activities, and even focus in school. The good news? With the right strategies, kids can build the skills they need to move with ease and enjoy active play.

**TRY** **Let's Work Together!** If gross motor challenges are making movement difficult for your child, we can help. Contact us to learn more about our approach and schedule an appointment.