

Mini Movers - Week Twelve

Dear Parents and Carers,

This week our Mini Movers skills of the week are:

Climb – Slither – Walk

Please join us in encouraging your child to explore using them in different way.

You can refer to the suggestions we made in our first letter or just take them to local child-friendly areas where they can move and play freely. The suggestions were:

Active stories

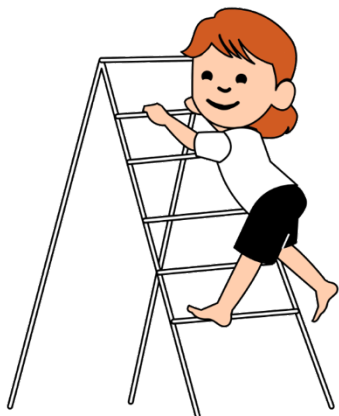
Movement walks

Dancing/movement to music

Obstacle courses

Familiar activities

Here is further information about the skills of the week and further ideas.



Climb

Even before babies can walk they like to climb and explore. Climbing supports the natural development of babies and young children and it is important we let them, in a safe environment.

Ensure children have many opportunities to climb horizontal tree trunks, ladders and climbing frames/equipment, etc.

Climbing supports develop in many areas, including:

- reaching for rungs above the shoulder raises the arms which
- increases the cardiovascular flow
- stretching out develops flexibility
- upper body strength, arm strength and better grip is developed
- through pulling themselves up and hanging from various rungs
- leg strength and coordination is developed through climbing
- ladders
- concentration and focus is needed to get where they want to go
- hand-eye coordination
- positive self esteem and confidence when children have
- worked their way to the desired place
- risk taking in a safe environment will help children to understand
- their own abilities and push themselves to develop physically
- through allowing children to climb to heights and in ways that
- they feel comfortable and confident underpins self regulation
- and self esteem



Slither

Sliding or shuffling on our stomachs.

Method

Lying on our stomachs we move forward in a sliding manner by twisting our bodies from side to side.

Children can start by using their feet to help them move forward.

Things to Try

- Pretend to be a snake.
- Include slither in obstacle courses.



Walk

On average, we will start walking anywhere between 10 and 18 months of age.

In order to walk, children use smooth, straight steps with opposite arms swinging in a relaxed manner.

Walking improves balance, posture, flexibility and co-ordination.

Things to Try

- Encourage children to enjoy walking by going on nature walks.
- Include walking in active stories and games.
- Walk on beams and other structures to help develop balance.

Please get in touch if you have any questions, suggestions or concerns.

In the meantime, Happy Moving!