

Tips to Help Your Child Develop Coordination Skills

Helping your child work on his/her gross motor coordination abilities does not have to be too hard.

- **Give lots of encouragement and praise good attempts**, even if they are not perfect. “You almost did it, well done!” “That was much better!” “Today is even better than yesterday!” “That was a good try!”
- **If your child struggles, then see if you can make the activity easier, or drop it**, and try something different next time, coming back to the difficult activity in a week or two.
- **Look at your family’s daily routine and weekly routine.** Each family is different and you need to decide what works best for you.
- **Daily routine:** is there a time of day when it is generally possible for you to focus on your child for 10 minutes? After breakfast if you home-school? After a rest time in the afternoon? Between bath and bed? Can you make a 10-minute break in the homework routine in the afternoon? Are there any exercises you can make a regular part of family outings, family life?
- **Weekly Routine:** Which afternoon are you usually home without after –m school activities? Or can you head for the park while you wait for your other child to finish after-school activities? What about Saturdays before chores?

Remember that incorporating gross motor exercises into your family’s life has wonderful long-term benefits!

Don't forget to look at other ways of improving your child’s general fitness levels and other gross motor skills, such as swimming, playing catch, cycling and walking on the beach.