



Topic Tuesday

**MOTOR
DEVELOPMENT**

Free Motor Development helps infants
become *Confident*, *Competent* and *Capable*

J O Y F U L - B E G I N N I N G S . O R G

Welcome to:

Joyful

BEGINNINGS



Joyful Beginnings is an online community providing support, resources, and a sense of belonging to all those who share their lives with young children, pre-birth to age three.

At Joyful Beginnings parents benefit from the knowledge and expertise of experienced Early Childhood Educators, but more importantly they can learn from and lean on each other.

Joyful Beginnings offers a safe space to learn about and share simple, natural, and joyful ways to care for young children.

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*Introduction
to:*
**MOTOR
DEVELOPMENT**

MOVING RIGHT ALONG

One of the greatest joys in the first three years of a child's life is witnessing them learn how to use their bodies. From the first grasps at our fingers, to finding their hands and feet, rolling over, crawling, pulling to standing, and eventually walking. As parents and caregivers, we are excited to see children reach these milestones and we can witness the delight in the child with each new skill they practice and then master. The beauty is, unless a developmental delay or disability is identified, all children will move through the developmental motor sequence in roughly the same way and at predictable ages. More than that, they can and will do this out of their own efforts and initiative and we as parents and caregivers do not to push this process along.



2

**SELF-INITIATED
MOVEMENT**

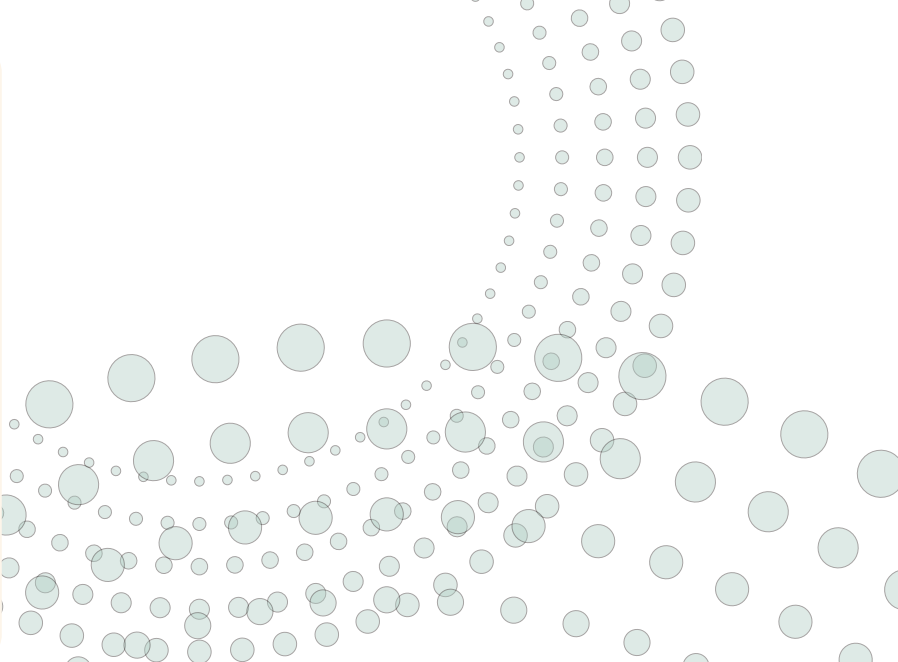
THE IMPORTANCE OF FREE MOTOR EXPLORATION

From the very first wiggles, kicks, and twists inside the womb, the baby is building and preparing their brains and bodies for movement. Each movement is helping to wire the brain for movement, and beyond that, future learning. We do not need to coach or teach our children how to move, they know what to do already, it's built in. By providing a safe space for infants and young children to freely explore their bodies and the environment, they are getting everything they need to become capable, confident and competent movers. By allowing the child to self-initiate, we provide them with ample opportunities to practice the skills they need to make it to the next stage of motor development. Often, when we put children in positions or equipment that they can get themselves in and out of, we can hamper their development. At each stage along the way, the baby and their body's are developing exactly the way they need to, without our intervention.



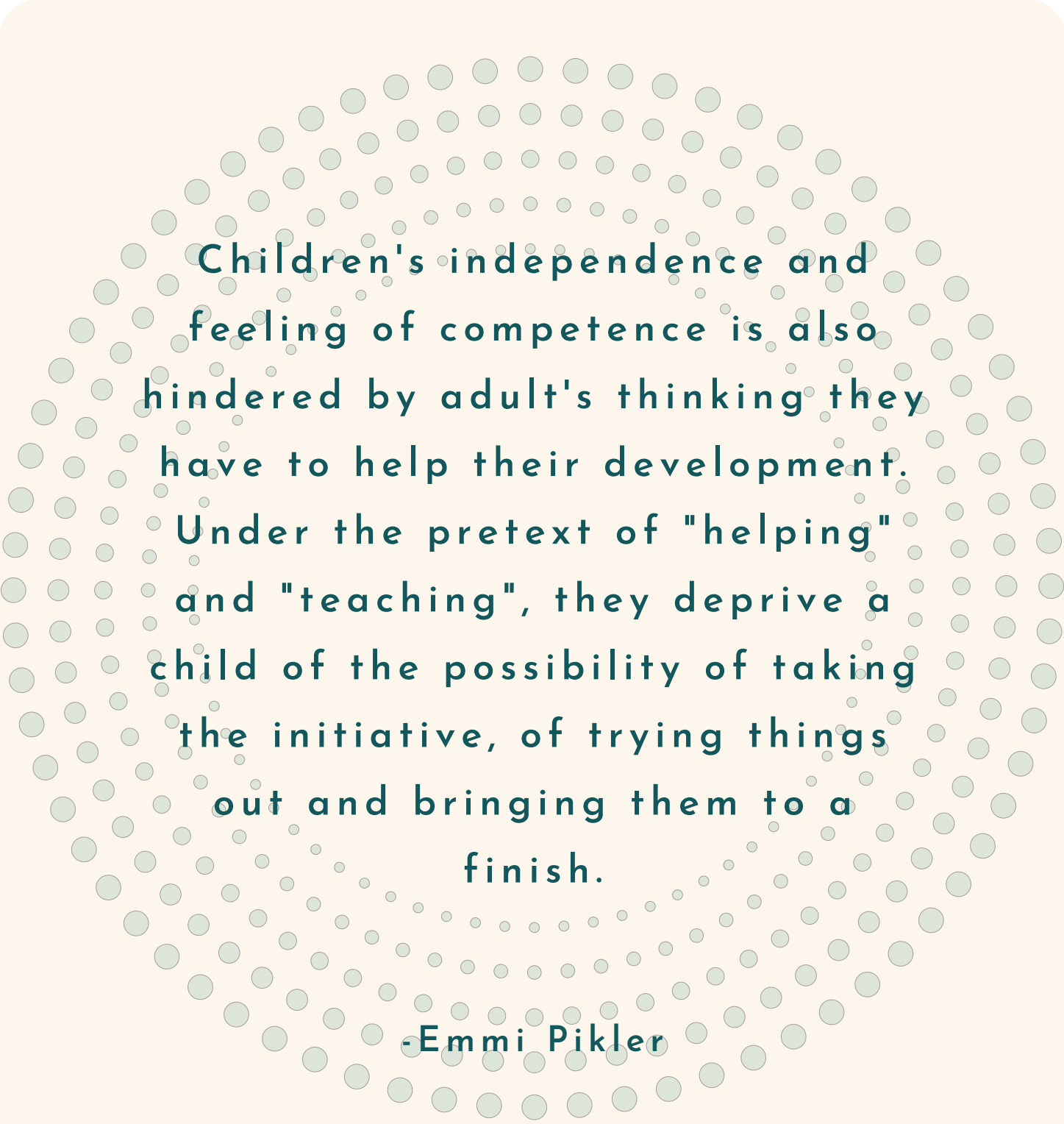
3

**DEVELOPMENTAL
MOTOR
SEQUENCE**



The Developmental Motor Sequence





Children's independence and feeling of competence is also hindered by adult's thinking they have to help their development. Under the pretext of "helping" and "teaching", they deprive a child of the possibility of taking the initiative, of trying things out and bringing them to a finish.

-Emmi Pikler

RESOURCES



Links

Pikler USA

<https://pikler.org/>

Blog

Self-Initiated Movements

Excerpt from Dr. Pikler's
Peaceful Babies, Contented Mothers

Join



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