

Head Start Family Newsletter

MERRY CHRISTMAS



Fine & Gross Motor Skills

Motor skills are actions that involve the movement of muscles in the body.

They are divided into two groups: **gross motor skills**, which include the larger movement of arms, legs, feet, or the entire body (crawling, running, jumping) and **fine motor skills** which are smaller actions, such as grasping an object between the thumb and a finger or using the lips and tongue to taste objects.

LOOK WHAT WE'RE LEARNING

Themes-
Holidays
Community Helper-
Police Officer
Nursery Rhymes-
Twinkle, Twinkle, Little Star
Little Jack Horner
Opposites- Big and Little
Introduce Onset- Rime
Holidays & Special Events
Christmas
Kwanza
Color-Green
Shape- Star
Number- 4

Westville

Jacaury P-8
Austin S-14
Ace B-20
Cody C-20
Jayden O-21
Thomas M-23
Joshua M-27
Khanya R-29
Alexis T-31

Chipley

Jocelyn W-8
Olivia W-8
Jasper S -9
Jakiriyana W-11
Noah H-14
Andrew W-24
Aryanna B-27



Walton

Devon T- 8
Latrell S-13
Donovan C-17
Kimberly G-18
Arnell P-26

Ceec

Bailee H-1
Brian A- 27
Zoey N -29

Both types of motor skills usually develop together, because many activities depend on the coordination of gross and fine motor skills.

Gross motor development is governed by two principles that also control physical growth.

Head to toe development refers to the way the upper parts of the body develop, beginning with the head, before the lower ones. The second principle of development is trunk to extremities. Head control is gained first, followed by the shoulders, upper arms, and hands. Upper body control is developed next, followed by the hips, pelvis, and legs.

Four-year-olds can typically balance or hop on one foot, jump forward and backward over objects, and climb and descend stairs alternating feet. They can bounce and catch balls and throw accurately.

Some four year olds can also skip

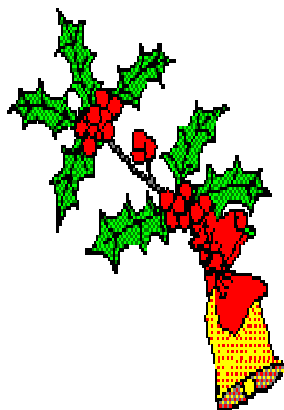
The more delicate tasks facing preschool children, such as handling silverware or tying shoelaces, represent more challenge than most gross motor activities and these are the *fine motor skills*.

The central nervous system is still in the process of maturing sufficiently for complex messages from the brain to get to the child's fingers.

In addition, small muscles fire more easily than large ones, and the short, stubby fingers of preschoolers make delicate or complicated tasks more difficult.

Finally, gross motor skills call for energy, which is boundless in preschoolers, while fine motor skills call for patience, which is in shorter supply. Thus, there is considerable variation in fine motor development among this age group.

If you have questions or concerns about your child's motor development please talk with your Head Start staff or your child's physician.



HAVE A HAPPY & SAFE NEW YEAR!

Job Skills

Agencies that assist with job skills:

Jobs Plus-One Stop Career Centers

Walton County 171 N 9th St.
892-8668
Chipley 757 Hoyt St.
638-3089

Washington-Holmes Technical School

757 Hoyt St. 638-1180

Career Development Center

761 N. 20th St.
892-8240