



3 years  
can run and play walks alone

Figure-6  
Motor development of Children from 2-3 years

at this age should be encouraged to develop good habits and to play independently.

#### 2.4. IMPORTANT ASPECTS IN LEARNING MOTOR SKILLS.

Motor development in child requires learning of certain skills. Parents should try to provide an appropriate environment along with the required facilities to understand these skills by the children. Following are some of the aspects needed to learn motor skills.

**1. Readiness to learn:** To learn any skill, the child should be ready for it and must be able to master it physically. For example when a child is ready to stand or walk, his leg muscles should be developed properly to support his feet.

**2. Skills should be learnt one at a time :** Motor skills must be learnt one

at a time. Even though the same body part is used, each skill is different from the other. For example holding a spoon differs from holding a pencil, a ball or a play item (rattle, toy etc.). Therefore these skills should be learnt individually.

**3. Opportunities to learn :** The child should be given opportunity to master different skills of motor development. Now-a-days, many parents donot provide the much needed opportunities to learn some skills like crawling, walking etc. They feel that their child will get hurt and donot allow to play for fear of any accident. If the child is left alone, he can master these skills very easily. In this case, help from others is essential.

**4. Opportunities to Practice:** The children should be given opportunities to practice the skill. Practice make it easy



to acquire any skill. For example when a child starts walking, he sways and staggers. When he is allowed to practice, he will be able to walk properly after someday.

**5. Motivation :** Motivation is essential for learning motor skills. A child can derive satisfaction and independence by learning these motor skills. Therefore, they must be encouraged to master various skills.

**6. Role Models:** Children learn different skills by imitating others. Do you have small children in your family? If so, you will see that children like to imitate other younger children. You will understand better with this example - a walking child starts crawling on seeing a small baby doing so. Hence children must be provided with good role model to imitate. Moreover, they need guidance to imitate models, through which they can correct errors.

### 2.5. FACTORS AFFECTING IN MASTERING SKILLS :

- a. Growth retardation.
- b. Poor health, low strength
- c. Low mental ability and physically handicap
- d. Lack of opportunity
- e. Lack of motivation
- f. Fear of being different
- g. Inadequate guidance.

### 2.6. SOME IMPORTANT SKILLS OF EARLY CHILDHOOD

**Self help skills:** These skills are such that children can do some work by themselves. They are

**Self feeding :** A eight month old child can hold his bottle when it is placed in his mouth. At 9-10 months he can put the bottle in his mouth. At 1 year, he learns to hold a cup with both hands and drink. Children at 2 years can eat by themselves. They try to use spoons to eat. Three year old child learns to sit and eat food in a dining table.

**2. Self bathing :** Small children love to play with water. A two year old child can wash the front of the body. As he grows up, he can bathe properly. From 3 years onwards, children learn to brush their teeth.

**3. Self dressing:** By the end of first year, most children tries to pull off their shoes and socks. Two year old children can put on T-Shirt and pants with elastic at the waist. As age advances, they can put on shirt with buttons. Children between 2-3 years of age start immitating their parents, for which they use to wear their father's dress and use their mothers bindi, kajal and nail polish.

**4. Self toileting:** Two to 2½ years old child can go alone to the toilet for bowel movement, but cannot clean the



toilet. They need help from others to clean the toilet.

### PLAY SKILLS

**a) Hand skills :** During the first year of life, play skills are not developed fully. From second year onwards, the child is able to open a box and unscrew lid from bottle. They can draw on paper with the help of pencil or crayons. After 3 years, the child can draw straight, vertical and horizontal line. They even learn to build house with the help of blocks. Two years old children cannot throw a ball properly. With the advancement of age, they can throw a ball properly by using their two hands. Two to three years old child are capable of helping mothers by shelling peas, putting waste in dustbins, arrangement of their toys in the cupboards etc.

**b. Leg skills:** Children about 2-3 years of age can walk forward, backward and sideways. A 3 year old child can ride a tricycle. They can hop first on one leg and then on both the legs. Three year child can dance well to musical sounds.