

# Gross motor skills: 3 years

## Skills to expect

- Hops 3 times
- Will start to have a true run
- Will begin to catch a ball using their body and hands
- Kicks a ball
- Throws a ball
- Can walk along a straight line

## How to help

To work on jumping:

1. Put your hands on your child's hips.
2. Gently push their hips down and have your child bend their knees.
3. Count "1, 2, 3". On three, help lift your child up to jump.

To help with kicking a ball:

- Practice kicking a ball, start by showing them how.
- Hold their hand when practicing.
- Encourage them to kick more than once.

To help with catching a ball:

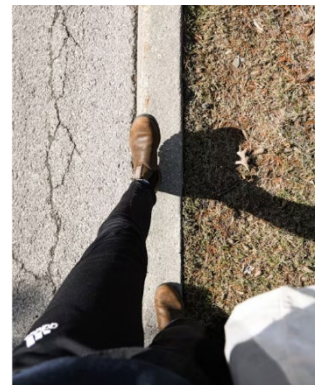
- Have your child stand with arms out in front and palms up.
- Start with a big, soft ball.
- Stand close to your child.

To help with walking along a line:

- Tape a thick line on the floor.
- Safely practice walking across a curb.
- Hold your child's hand to help balance.



Caregiver helping child jump



Walking on a curb

## Helpful toys to use

- Balls of all sizes
- Toddler basketball hoop
- Playground equipment
- Soccer ball and net



### Examples of helpful toys

## Rehabilitation Services and NEST clinic

682-885-4063

These instructions are only general guidelines. Your healthcare provider may give you special instructions. If you have questions or concerns, please call your healthcare provider.