

## Parent / Carer Motor Development Information Sessions

Places are now available to book on our Spring Term information sessions for parents and carers



Innovative



Caring



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### Supporting your child's motor skills development

When do children develop particular motor skills, such as riding a bicycle or using a pen? How can you help your child to develop these skills? What can you do if your child is struggling with a skill?

This session is for parents or carers of children aged between 4-8 years old who would like to understand more about their child's motor development and how to support this. The session will share information about the typical ages when children develop different motor skills. It will explain how to breakdown an activity such as pulling on a jumper into simple steps to help your child complete this independently. You will also get advice on activities and simple things you can do at home to support your child's motor development.

#### BOOK YOUR PLACE:

- **Thursday 21<sup>st</sup> January 10:30am – 11:30am**  
<https://tinyurl.com/y3pjzooj>
- **Thursday 11<sup>th</sup> February 10:30am – 11:30am**  
<https://tinyurl.com/y4duuqq3>

We are also offering parent information sessions on understanding sensory preferences and supporting self-regulation. To find out dates of these and other training opportunities please visit our CYP Therapies – Occupational Therapy Service webpage <https://www.hct.nhs.uk/our-services/childrens-occupational-therapy/>

Children & Young People's Therapies Service

#### Contact us

Telephone:  
01923 470680 Option 2

Email:  
[hct.cyptherapies1@nhs.net](mailto:hct.cyptherapies1@nhs.net)

Twitter: @CypHCT