

Motor Skills or How I move my body.

Fine motor skills are how we use and move the small muscles in our fingers and hands to manipulate objects, toys and utensils.

Gross motor skills are how we use and move our larger muscles, for reaching, sitting, crawling, walking, and climbing.

Milestones in your child's first year:

[Motor Development 0-6 months](#)

[Motor Development 6-12 months](#)

If you are worried that your baby is not meeting their motor milestones, you can talk to your family doctor or visit the Children's Treatment Centre – Quinte Health SmartStart Hub's website for more information:

[SmartStart Hub - Children's Treatment Centre - Quinte Health.](#)