



THE
BRIDGE
FAMILY CENTER *A program of the
Bridge Family Center*

Great by 8's Goals

Every young child in West Hartford, in every school, is healthy, engaged, and supported.

- Every West Hartford family has the information it needs to raise healthy children.
- Children are ready for school / schools are ready for children.
- Children have access to high quality early care and learning opportunities.
- Families and schools recognize the importance of developmentally appropriate practice.

Great by 8's Work

Great by 8 engages and connects West Hartford families to resources and services, creating a community where young children thrive.

- Quality Care for Infants and Toddlers
- Developmentally Appropriate Learning Experiences for Pre-K Children
- Social / Emotional Health of Elementary School Children
- Co-Creating Equity
- Expanding Family Support

If you are interested in receiving updates and information from Great by 8 or getting involved, please e-mail us at whgreatby8@gmail.com.

We welcome your involvement.

GROSS MOTOR SKILLS

Gross motor skills are movements that involve using the large muscles of the body. The development of gross motor skills starts as soon as a child is born. As children age, their gross motor abilities continue to develop and improve. Boys usually develop gross motor skills much sooner than girls, with the exception of skills that involve balance and precise movements (i.e., skipping and hopping).

OBSTACLE COURSE

Create an obstacle course in the house. For example, crawl under coffee table, kneel or walk across floor or couch, go around or over stool, etc. Be creative and label the directions (over, under, around, through). Add a simple cooperative task, such as putting legos into a container and you are cooperating, turn taking, cleaning up, and developing gross motor skills.

SLIDE AROUND THE HOUSE

Put shoeboxes or tissue boxes on your child's feet and have him slide across carpeted floor. On non-carpeted floors, use washcloths or hand towels instead of boxes. He will need to press down with his leg to keep the boxes or clothes in place. Again, clean-up or do a small puzzle at the same time, so your child has a task to "complete".

PRACTICE DIFFERENT WAYS OF MOVING

Place objects around the room as your child watches. Have your child retrieve items, by crawling, hopping, tiptoeing, rolling, going backwards, crawling like a snake, kneeling, walking, etc. to get a specific item (the blue one, the one that squeaks, etc.) This activity supports following directions, turn taking, waiting (delayed gratification), and gross motor development all in one!

SNOW PLAY

Now that we finally have some snow on the ground, shovel snow together. Playing in the snow in general is a great activity.