

## Parent / Carer Motor Development Information Sessions

Places are now available to book on our Spring Term 2025  
information sessions for parents and carers



Innovative



Caring



Agile

### 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:

**Wednesday 22<sup>nd</sup> January 10:00 – 11:00** <https://www.eventbrite.co.uk/e/1076430044239>

**Wednesday 5<sup>th</sup> February 10:00 – 11:00** <https://www.eventbrite.co.uk/e/1076446944789>

**Thursday 13<sup>th</sup> March 10:00 – 11:00** <https://www.eventbrite.co.uk/e/1076454868489>

**Tuesday 22<sup>nd</sup> April 11:00 – 12:00** <https://www.eventbrite.co.uk/e/1076459572559>

**Tuesday 13<sup>th</sup> May 10:00 – 11:00** <https://www.eventbrite.co.uk/e/1076463865399>

**Tuesday 3<sup>rd</sup> June 11:00 – 12:00** <https://www.eventbrite.co.uk/e/1076469422019>

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

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