

Gross Motor Development

Between the ages of 6-12 months, babies are still developing their core muscles. These are the tummy and back. They are also developing their head, shoulders and upper arms as they begin to push themselves up on their elbows and begin to be able to sit unaided.

This is known as **gross motor development**.

Bouncing Activities for Babies

Knee bounce rhymes are a fun way to continue developing the vestibular system and a baby's sense of balance and core strength. For younger babies, with limited neck strength, lay them across your thighs and make bouncing movements smaller. For older babies with greater neck strength sit them on your lap facing you, holding onto their sides or hands, bouncing as much as they enjoy. Bouncing up and down, moving backwards and forwards promotes movements of the arms and legs, neck and head control as well as back and tummy muscles strength and balance.



When you hear “gross motor skills”, you think “large”... and that’s exactly what it is!

Gross motor skills for infants (or large motor skills) are skills that help with your babies and involve arms, legs and the whole trunk. That’s why gross motor activities for babies mostly include crawling, reaching, standing, walking, lifting things or throwing objects.

Datblygiad Sgiliau Echddygol Bras

Rhwng 6 a 12 mis oed, mae babanod yn dal i ddatblygu eu cyhyrau craidd yn y bol a'r cefn. Maen nhw hefyd yn datblygu cryfder y pen, yr ysgwyddau a thop y breichiau, wrth iddynt ddechrau gwthio'u hunain i fyny gyda'u dwy benelin a datblygu'r gallu i eistedd heb gymorth.

Gelwir hyn yn **ddatblygiad echddygol bras**.

Gweithgareddau Bownsio i fabanod

Mae canu rhigymau, wrth fownsio'ch babi ar eich glin, yn ffordd hwyliog o barhau i ddatblygu'r system festibwlar a synnwyr y babi o gydbwysedd a chryfder craidd. Ar gyfer babanod iau sydd heb ddatblygu cryfder eu gyddfau eto, rhwch nhw i orwedd ar draws eich glin a gwneud symudiadau bownsio tynerach. Ar gyfer babanod hŷn, gyda gyddfau cryf, rhwch nhw i eistedd ar eich glin yn eich gwynebu chi. Gafaelwch yn eu dwylo neu eu hochrau, a'u bownsio fel y maen nhw yn ei fwynhau. Mae bownsio i fyny ac i lawr, a symud yn ôl ac ymlaen, yn hybu symudiadau'r breichiau a'r coesau, yn datblygu eu rheolaeth o'r gwddf a'r pen ac yn cryfhau a gwella cydbwysedd cyhyrau'r bol a'r cefn.



Pan glywch chi'r term, "sgiliau echddygol bras", mae'n awgrymu "mawr".... a dyna'r union ystyr!

Mae sgiliau echddygol bras (neu mawr) yn sgiliau sy'n helpu'ch babi i symud ac sy'n defnyddio'r breichiau, y coesau a'r bongorff cyfan. Dyna pam mae gweithgareddau echddygol bras i fabanod yn bennaf yn cynnwys cropian, estyn, sefyll, cerdded, a chodi neu daflu gwrthrychau.