



Alphabet of Child Psychomotor Development



What is child psychomotor development? What role does it play in a child's life and how can we, as parents, influence it? 10 tips on how to support your child's psychomotor development.

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Child psychomotor development concerns the ability of a child to control their body and perform various motor activities. It involves the integration of two important aspects of development: psychological (cognitive) and motor (physical).

Psychomotor development, abbreviated as PMD, begins from birth and continues throughout childhood into adulthood. We are talking about psycho and motor development. These two components are inseparable. **The driving force behind development is primarily the senses - sight and intellect.**

At the beginning, a newborn's movements are very uncoordinated, but over time, the child learns to better control their muscles and coordinate their movements. During childhood, the ability to walk, run, jump, climb, and perform other movements crucial for overall physical development develops.



The eye provides us with stimuli and impulses for movement. A baby sees its mother and turns towards her. A child sees a toy and crawls towards it. The way in which movement is performed has an impact especially on the strain on the spine and muscles, and incorrect execution can affect all future movement.

PERCEPTION OF THE SURROUNDING WORLD

Psychomotor development also has a significant impact on a **child's cognitive abilities. It involves the ability to perceive, understand, process, and use information from the surrounding world.** Cognitive functions include memory, attention, problem-solving, decision-making, learning new things, and communication skills. For example, when we teach a child to throw a ball, they not only learn the



movement itself but also become aware of distance, direction, and force, which promotes their cognitive development.



Cognitive development is a process that takes place from early childhood and continues throughout life. During this process, a child learns to understand the world around them, learns language, acquires skills necessary for reading, writing, mathematics, and other academic areas. These skills gradually develop and improve with age and experience.

In everyday activities, cognitive development may include solving puzzles, understanding stories, counting, recognizing shapes and colors, learning new words and sentences, and drawing conclusions based on observations. These abilities are crucial for the successful functioning of a child and future adult in society and for their overall development.

10 TIPS HOW TO SUPPORT YOUR CHILD'S PMD

Supporting a child's psychomotor development is important for their overall development and motor skills. Here are some ways parents can support this area of development:

1. **PLAY:**

Play is the primary means of learning for children. Provide your child with various toys and materials that encourage movement and exploration of the world around them.

2. **ACTIVE LIFESTYLE:**

Be a role model for your child by leading an active lifestyle yourself. Take your child out for walks, to the park, or to the playground and engage in various physical activities with them.

3. **SPORTS ACTIVITIES:**

Involve your child in sports activities such as swimming, soccer, gymnastics, dancing, or other sports that promote coordination and motor skills. With younger children, parents can also participate in group exercise classes, sing-alongs with movement, swimming courses for babies and toddlers, and more.

4. **FLOOR PLAY:**

Place your child on the floor on its belly and put toys nearby for it to reach and crawl towards. This activity strengthens muscles and promotes motor development.

5. BALANCE AND COORDINATION SUPPORT:

Do exercises with your child to improve balance and coordination, such as standing on one leg, jumping over a rope, or walking along a line.

6. DRAWING AND WRITING:

Provide your child with plenty of opportunities for painting, drawing, and writing, which promote fine motor skills and hand-eye coordination.

7. BOOSTING CONFIDENCE:

Praise your child for its effort and progress. Provide it with positive feedback and encouragement, which will help the child build confidence and determination.

8. ACTIVITY VARIETY:

Avoid monotony and regularly change activities so that the child can learn new skills and develop different movement abilities.

9. SAFE ENVIRONMENT:

Ensure that the environment in which the child moves is safe and protected. Be mindful of risks and create a safe space for its physical activity.

10. EXAMPLE AND ENCOURAGEMENT:

Be a support for your child and encourage them to try new things and overcome obstacles. Your encouragement and support are key to their motivation and success.



movement execution.

Overall, psychomotor development is an important aspect of childhood, as it affects a child's ability to engage in physical activities, interact with their environment, and learn new things. Therefore, it is important to provide children with plenty of opportunities for movement and play that promote their psychomotor development and to ensure correct

You will be able to learn more about children's psychomotor development in my eBook *"See What I Can Do, On Land and in Water"*. (coming soon) You can also support children's PMD through swimming and by choosing an appropriate swimming course.

If you have any questions regarding swimming for children,
download my eBook "How to Swim Safely with Young Children" for FREE.



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I wish you many joyful moments with your children!



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