Hertfordshire Community NHS Trust

Parent / Carer Motor Development Information Sessions

Places are now available to book our Autumn Term 2026

Information sessions for parents and carers

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 25th November 11.00am

https://www.eventbrite.co.uk/e/1994792949410?aff=oddtdtcreator

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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