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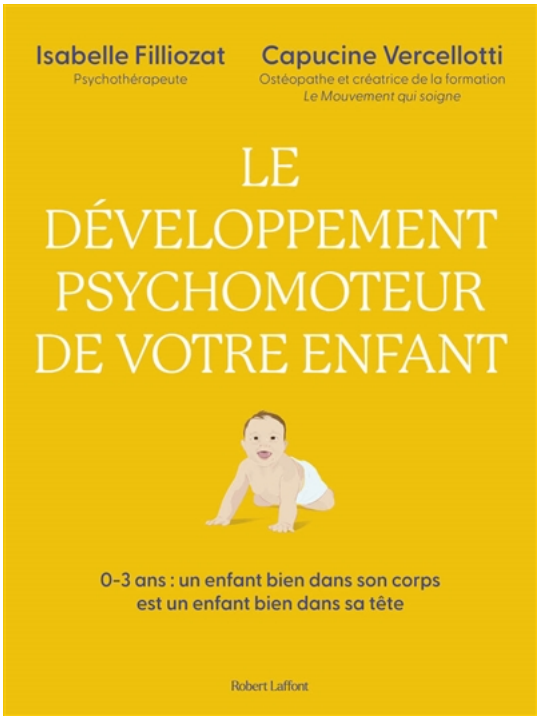


# Psychomotor Development in Your Child

Ages 0–3: A Child Who Feels Good in Their Body Feels Good in Their Mind

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Comprehensive advice from an osteopath and a psychotherapist for promoting your infant's sensory and motor development (ages 0-3).

While the movements of babies may seem whimsical at times, these are in fact essential to their survival: gripping things tightly, putting everything in their mouths... If babies don't shed certain reflexes, this can curb their development (agitation, concentration). For instance, throwing an object helps with overcoming the reflex to grab or grip, an essential step toward writing. We can help infants by stimulating manual mobility with games or massages while allowing them to manipulate objects freely. Tummy time and object permanence also help infants better dissociate their heads from their bodies. Simple exercises for sharing with all parents.

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