

Our automatic skills

We have many skills that we use every day but don't ever think about.

Below is a short list of skills. Put a tick next to any you have learnt. and a cross next to any you were born with.

- Talking
- Walking
- Blinking
- Tying your shoe laces
- Holding a pen
- Swallowing
- Using scissors
- Riding a bike
- Standing on one leg
- Clapping
- Pointing
- Pinching with the thumb and first finger
- Feeding yourself
- Moving your tongue correctly when eating so that your food stays in your mouth
- Recognising pictures
- Breathing

The truth is that you have learnt nearly all of these skills.

The only ones we are born with are blinking, swallowing and breathing: these are hardwired in the womb.

Humans are the least developed mammals to be born. We are born with very few skills and it takes us years to become independent from our parents. On average it takes us one year to learn to walk, compared to a baby deer that can walk and run within minutes of being born.

What could be the advantage of running minutes after birth?

What are the advantages of developing slowly like humans?