

Fine Motor Skills

WHAT ARE FINE MOTOR SKILLS?

- The ability to use hands to reach, grasp and manipulate objects
- Requires coordination between small hand muscles and larger upper body muscles
- Guided by the eyes and/or sensory feedback from the hands
- Includes: precision, eye-hand coordination, dexterity, bilateral hand coordination and tool use.

WHY ARE FINE MOTOR SKILLS IMPORTANT?

- Supports success in the following activities:
 - Shoe tying
 - Fasteners (zippers, buttons, snaps, buckles etc.)
 - Writing legibly without excess fatigue/discomfort
 - Puzzles
 - Scissor use
 - Manipulating small objects (coins, marbles etc.)
 - Opening and closing lids
 - Using a key and lock
 - Turning pages
 - Using cutlery

HOW CAN I SUPPORT MY CHILD'S FINE MOTOR SKILL DEVELOPMENT?

- Incorporate fine motor skill development into play activities
- Examples: roll balls of PlayDoh between thumb, index and middle fingers to make toppings of a pizza, encourage games like Topple or Connect Four that require precision, control and eye-hand coordination.

ADDITIONAL RESOURCES

www.ot-mom-learning-activities.com/index.html

Hill, M. & Hill, K. (2006). Fine Motor Skills. Photocopiable Activities to Improve Motor Control. Cambridge, LDA.