

FINE MOTOR SKILLS

What are fine motor skills?

Fine motor skills require the use of the muscles in our hands and fingers to complete tasks and they are the foundation for all writing and printing tasks. They are important for many tasks including manipulating objects, writing, dressing, participating in games or crafts and playing sports. Fine motor skills need to be developed just like any other skill we learn. Building foundational skills and strength is important.

Children develop fine motor skill early in life and continue to develop them throughout their life. Important factors to consider for all ages.

Ages 0-3:	Ages 4-5:	Ages 5+:
Children need exposure to writing tasks such as colouring and scribbling on a paper.	Children can be taught how to hold a crayon/pencil while colouring. This helps them write more effectively when they start printing letters.	Children will need a lot of practice making letters and numbers as well as writing words and sentences.

Ways to help you child develop their fine motor skills:

- Encourage a lot of colouring and crafting activities with children of all ages.
- Include non-paper and pencil activities into the child's day such as cooking, building with blocks, beading, playing with musical toys etc.
- Limit time on electronic devices such as iPads and video game consoles. These devices do little to develop the skills required for writing and printing.

Free Resources:

<https://www.yourtherapysource.com/freestuff.html>

<http://www.childdevelopment.ca/SchoolAgeTherapy/SchoolAgeTherapy-ClassResources.aspx>

<https://theimaginationtree.com/40-fine-motor-skills-activities-for-kids/>

AT HOME ACTIVITIES

Beading

- Colour buttons or pieces of Macaroni or cereal (fruit loops, Cheerios) with markers or paint, String the items on a shoelace or piece of yarn to make a necklaces or bracelets.

Play-Doh

- Make Play-Doh with your kids. Working with dough can build strength in their hands which will help them with their development.
- Use cookie cutters or other items in the house to cut shapes into the dough.
- Build skills by using forks, knives, spoons or scissors.

Lacing

- Cut out shapes in cardboard and punch holes around the edge. Run a shoelace in and out of the holes.

Messy Play

- Fill a bucket, bathtub or sink with water and a variety of containers, sponges, cloths etc. Have them play with the items in the water moving the water around and squishing it out of the fabrics.
- Spray some shaving cream onto a cookie sheet. Have the child play in the shaving cream, making letters and numbers with their fingers. Add food colouring for a fun tie-dye effect.

Fine Motor Practice Bin

- Use clothes pins, tongs, spoons or tweezers to pick up items from a bin and place them into a bowl or jar. Items can include: cotton balls, small figurines or toys, uncooked pasta, pebbles or stones etc.