

## TOPIC: FINE MOTOR

**DEFINITION:** Fine motor skills require the use of the smaller muscles of the hands. Efficient fine motor skills are essential for performing academic and self-care tasks. These skills incorporate a number of independent skills, which occur simultaneously to appropriately manipulate an object or perform a task. Some of the skills, which can be considered “building blocks” to developing fine motor skills, are as follows: bilateral coordination and integration (using both hands to complete a task), crossing midline (reaching with your right hand to grasp an object on your left side and vice versa), hand and finger strength, eye/hand coordination (processing information from your eyes to control and direct hands while performing a task), hand dominance, separation of the two sides of one’s hand (ring and little fingers stay tucked in palm while index and middle fingers and thumb move to perform a task such as, cutting translating objects from palm to fingertips, using a tripod pencil grasp), and in-hand manipulation (manipulating tools with control and precision such as moving coins around in one hand).

### CHARACTERISTICS of DECREASED FINE MOTOR SKILLS

- Awkward or immature pencil grasp for age (i.e. fistled grasp)
- Illegible, slow, or laborious writing, drawing, and/or coloring
- Difficulties cutting with scissors
- Difficulties performing precise manipulation tasks (i.e. manipulating fasteners, isolating fingers to type, picking up small objects with fingertips vs. whole hand)
- Tires easily when performing fine motor tasks
- Dislikes eye/hand coordination tasks (i.e. copying from board, construction tasks)

### RECOMMENDATION FOR SERVICES:

If you are concerned your child is experiencing difficulty with his/her fine motor skills, you will want to contact a therapist who is knowledgeable in fine motor development.

### WHAT TO DO AT HOME:

- Picking up small objects and placing them in slots or small holes in containers
- Picking up objects with tongs and tweezers
- Manipulation games such as, Yeti in my Spaghetti, Connect 4
- Playing with Play-doh and clay
- Tearing and crumpling paper up
- Crafts that involve coloring, cutting, gluing, punching holes
- Playing dress up with clothes that have buttons, zippers, and snaps
- Practicing forming shapes, letters, and numbers with various mediums such as, Wikki Stixs, drawing in salt and sand, using Play-doh or clay, air drawing, etc.)
- Threading and lacing with various sized beads and laces