

Building Fine Motor Skills

What are Fine Motor skills? Why are they important?

- Fine motor skills involve the use of the small muscles that control the hand, fingers, and thumb. They help children perform important tasks like feeding themselves, grasping toys, buttoning and zipping clothes, writing, drawing, and more.
- These skills are developed in childhood and used throughout a person's life.
- Since they are necessary throughout the lifespan, it is important to develop these skills early on so children can gain confidence in using them.

How can I encourage fine motor development for my child at home?

- Every child can improve their fine motor skills by engaging in activities and play at home.
- Oftentime completing a fine motor activity will also help increase the skills involved in doing it. For example, buttoning and zipping clothes, brushing your teeth, and cutting and eating food. When we allow our children the opportunity to do these tasks they will be gaining the skills to be able to eventually complete them independently.
- Some home activities/play that encourage fine motor skills:
 - Folding socks
 - Tying shoes
 - Opening and closing bottles/containers
 - Squeezing spray bottles
 - Stacking lego or blocks
 - Playing with play dough
 - Completing puzzles
 - Threading beads on shoelaces
 - *Use larger beads to avoid choking hazard*
 - Cutting/craft activities
 - *Use caution with scissors/sharps*
 - Drawing/writing
 - Sorting objects with tweezers or tongs
- Use your imagination and creativity to come up with more activities and games at home that promote fine motor skills for your child!



Information adapted from:

<https://www.funearlylearning.com/importance-of-fine-motor-skills/>

<https://www.littlelifelonglearners.com/2020/03/8-activities-to-develop-fine-motor-skills-at-home.html/>

https://www.perkins.org/wp-content/uploads/2021/07/fact_sheet_and_activity_ideas_template.pdf

