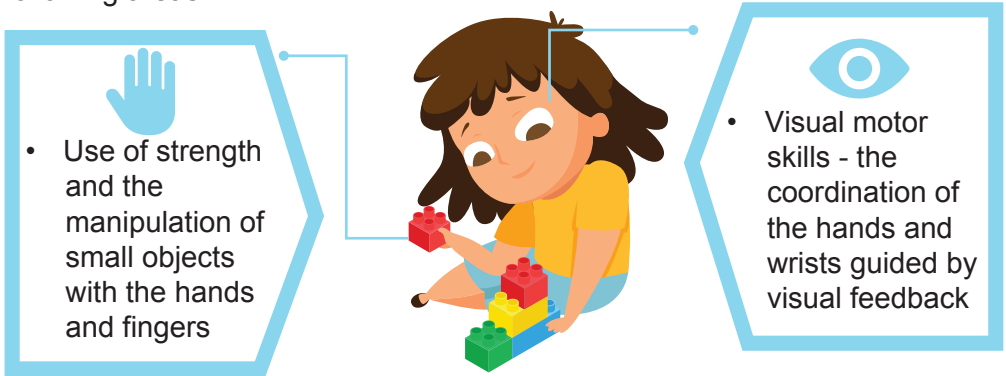


Fine Motor Skills



Fine Motor Skills

Fine motor skills refer to the use of the arm and hand to manipulate small items or perform delicate tasks. A child's fine motor skills can be affected by the following areas:



Associated Difficulties

Underdeveloped fine motor skills can cause the child to experience difficulties in the following areas:

- Daily activities of living, such as buttoning shirts, using zippers, tying shoelaces, using fork, spoon or chopsticks, handling coins, twisting bottlecaps, using clothes pegs
- Table tasks: using scissors, writing, paper crafts
- Play & craft activities involving small objects, such as beads and small building blocks (e.g. Lego)

Occupational Therapy and Fine Motor Skills

Occupational Therapy aims to help improve fine motor skills in daily activities at home and in school through multisensory activities and equipping parents to develop mentally appropriate and engaging approaches to encourage and motivate the child.

Guiding Principles for Helping a Child with Fine Motor Skill Difficulties

- Practise through fun and playful activities
- Create opportunities to use the hand in daily activities
- Give “just right” challenges

Activities for Helping a Child with Fine Motor Difficulties

To Improve Strength

- Theraputty or playdough play: kneading and flattening the putty for pancakes, using cookie cutters to stamp out shapes
- Squeezing stress balls
- Using embossers in craftwork



To Improve Dexterity

- Operating levers and switches on toys, pressing buttons
- Finger twister
- Flipping cards or coins on a table
- Manipulating small items such as beads or coins with one hand when counting and sorting



Daily Fine Motor Activities

- Buttoning shirts
- Using zippers
- Tying shoelaces
- Using chopsticks
- Handling coins
- Twisting bottle caps and opening containers
- Using clothes pegs



To Improve Coordination

- Picking up marbles or beads with chopsticks
- Threading beads
- Playing with small building blocks
- Making paper crafts and collages with paper cut-outs



Ask your Occupational Therapist for ideas to use in the home and school environment and do observe and share your child's reactions.

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