



What are Fine Motor Skills?

Fine Motor Skills are small muscle movements of the fingers that help your child to perform school readiness activities, such as:

- Painting with a paintbrush
- Cutting with scissors
- Drawing and writing using a pencil or crayon
- Holding and manipulating small objects
- Holding and using a knife and fork
- Craft activities

Being able to isolate the movement of your fingers can be tricky, especially when combined with all the other things that are needed for school skills, such as balance, muscle tone, hand stability and muscle strength to name a few. It's hard to imagine but it can take a lot of effort to combine all these things and then remember to use the finger muscles accurately.

Between the ages of three and five, children usually demonstrate rapid gains in fine motor manipulation, finger dexterity and tool use. Fine motor skills don't develop overnight but take time, patience and practice.

You can encourage your child to develop these skills through everyday tasks including buttons, using pegs, opening and closing jars, threading beads and play with dough.

Here are some more suggestions for developing fine motor skills:

1. Cutting
2. Matching and Pasting
3. Self-Care Skills
4. Tracing and Coloring
5. Pre-Writing Patterns
6. Dot-to-dots
7. Finger Tracing and Painting

