

Fine Motor Skills.

# Our Aims:

- To understand what Fine Motor Skills are.
- To identify Fine Motor issues with your child.
- To understand what we are doing as a school to address these issues.
- To give you some ideas on what you can do at home.
- To give you some useful resources to use.

# Fine Motor Skills

The ability to do the following tasks with ease:

- Playing a game with small pieces.
- Using building blocks.
- Good legible handwriting.
- Eating with a knife and fork correctly.
- Zipping and buttoning a coat.
- Turning pages of a book.
- Using a computer keyboard.
- Anything that we might describe as adults as 'fiddly'.

# Has My Child Got Fine Motor Skill Problems?

Every child as they develop will struggle with 'fiddly' things.

Ask yourself these questions:

Does my child still struggle to eat correctly with a knife and fork despite being shown repeatedly how to do it at home and school?

Does my child consistently get frustrated when dressing themselves?

Does my child lose their temper when playing games with small parts?

Does my child not enjoy playing with lego?

# Identifying Fine Motor Issues.

- If you answered yes to some/all of those questions there is a possibility that your child has some Fine Motor difficulties.

## DON'T PANIC!

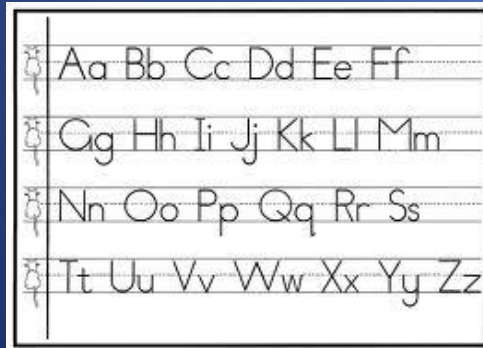
- This does not mean that your child cannot overcome these. With identifying this problem early and with some intervention your child can begin to work on solving these issues.

# Fine Motor Skilled Activity Ideas.

- School activities:



Cutting and sticking/ PE - Hand-eye coordination/ Changing for PE.



Handwriting practise/ Working with counters and dice/ Playing on playground equipment.  
Our school also provides an excellent Fine Motor Skills intervention programme.  
Teacher/Parent identified children attend.



# Ideas For Home:

- Here are some inexpensive things that can improve your child's Fine Motor Skills:



Sorting buttons/ Practising with a zip/ Tying shoe laces/ Using a remote.



Playing a game with 'fiddly' parts.  
It is important to persevere with this despite the children initially getting frustrated.



# Proven Techniques To Improve Fine Motor Skills.



Jenga/ Peg-puzzle games/ Balancing in PE and at home & playground.



Using a chunkier pencil to write with before moving onto smaller equipment/ Pressing buttons on a remote/ Manipulating play-dough.



# Results:

By working on their Fine Motor Skills your child will be able to:

- Improve their handwriting.
- Access and enjoy puzzles and games.
- Improve their hand-eye coordination.
- Improve balance.
- Improve their ability to use a computer.
- Get less frustrated with tasks that include small parts. E.g.: zips/buttons.
- **Improve confidence!**

# Next Steps....

Some useful resources for you:

- Speak to your child's teacher if you have any concerns. They will be able to monitor them in class and potentially move them to a Fine Motor Skills intervention group.

- [www.theimaginationtree.com](http://www.theimaginationtree.com)

Lots of ideas for games at home.

- [www.ot-mom-learning-activities.com](http://www.ot-mom-learning-activities.com)

Ideas for parents and instructions for making activities for home.

- [www.therapyfunzone.net](http://www.therapyfunzone.net)

Organisations you can contact for more support.

Any other questions?