



Movement & Coordination: Fine Motor Skills

WHAT ARE FINE MOTOR SKILLS?

Fine motor skills are **our hands, fingers and wrists working separately or together** to create movement and control our fingers. They allow us to perform hand movements, such as writing, tying shoelaces or using a pair of scissors. Fine motor skills consist of:

- **Strength** in fingers and hands
- **Coordination** to support grasping or holding objects
- **Manipulation** when moving objects between our fingers and hands



WHY ARE THEY IMPORTANT FOR CHILDREN?

The development of good fine motor skills can lead to the improvement of other skills at home or at school. They can affect a child's ability to:

- Do tasks independently, such as brushing teeth or using a pencil
- Gain the confidence to try new tasks
- Develop their self-esteem

SIGNS OF DELAYED FINE MOTOR SKILLS

Children with delayed fine motor development will typically:

- Show disinterest in grasping objects or have 'clumsy' hands
- Avoid table-top activities (drawing, colouring, threading, cutting)
- Avoid self-care tasks (buttoning, tying shoelaces, eating with cutlery)
- Wait for someone to do the activity for them





TIPS FOR PARENTS: HOW TO IMPROVE FINE MOTOR SKILLS

Improve Strength

Invite your child to play with smaller objects at home that will strengthen their fine motor skills and increase their confidence. This could include:

- Stress balls
- Squeezing sponges
- Play-doh
- Lego



Improve Coordination

Provide activities that encourage your child to grasp or hold objects, such as:

- Finger puppets
- Playing a keyboard
- Finger painting



Manipulation activities

Encourage activities that require your child to move their fingers separately, such as:

- Moving a coin from palm to fingers
- Drawing & colouring
- Beading



Need more information?

We're here for you! If you would like to speak with an experienced Occupational Therapist at The Junction Works, please contact us today by calling (02) 8777 0500 or by emailing referrals@thejunctionworks.org

