

Fact Sheets ~ Fine Motor Skills

Fine motor skills involve the use of the smaller muscles of the hand such as when your child uses pencils and scissors or ties their shoelaces.

Difficulties with these skills can compromise your child's performance at school, confidence and independence in life skills like getting dressed or feeding themselves.

Activities that can support your child's fine motor skill development may include:

- ✓ Construction e.g. lego, building blocks.
- ✓ Playdough.
- ✓ Threading/lacing activities.
- ✓ Manipulation games e.g. Pick-up Sticks and Connect Four.
- ✓ Drawing/writing games e.g. Pictionary.
- ✓ Craft activities using glue, paper, board, egg cartons, string, tape etc.

Some behaviours that may suggest that your child requires some support with fine motor skills are:

- awkward pencil grasp.
- avoidance of or refusal to participate in writing, colouring, drawing and construction activities.
- messy drawing or writing.
- fatiguing easily.
- choppy use of scissors.
- difficulty doing buttons and shoe laces.
- difficulty completing pencil based tasks in a timely manner.

Typical developmental stages in fine motor skills:

Age (year)	Typical Developmental Stages
1-2	<ul style="list-style-type: none">• Makes scribbles.
2-3	<ul style="list-style-type: none">• Copies vertical lines.• Builds a tower of 4-6 blocks.
3-4	<ul style="list-style-type: none">• Snips paper with scissors.• Copies circles.
4-5	<ul style="list-style-type: none">• Writes name and numbers 1-5.• Handedness is well established.• Copies letters.
5-6	<ul style="list-style-type: none">• Colours within lines.• Uses 3 finger grasp of pencil.• Can paste and glue.
6-7	<ul style="list-style-type: none">• Forms most numbers and letters correctly.• Write consistently on lines.
7-8	<ul style="list-style-type: none">• Maintains legible handwriting when writing a story.

An Occupational Therapist can support children with the development of various skills required for fine motor skills such as:

- building up strength in their hands, core and larger muscles of the body.
- supporting coordination, body awareness, positions and seating.
- prescribing aids and assistive equipment.
- supporting their confidence and persistence with learning new skills.
- applying these skills to the practical aspects of daily life e.g. learning to dress independently or using a knife and fork.

For further information about Fabic Occupational Therapy Services, please visit our website fabic.com.au or contact us on **07 5530 5099**.