



Fine Motor Skills

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Fine motor skills refer to the coordination, control and movement of the small muscles within your body, such as those within the hands, fingers and wrists. Fine motor skills are developed through everyday activities and through engagement in play. Fine motor skills include movements such as grasping, holding and pinching.

Why are fine motor skills important?

Fine motor skills are necessary to practice as they they help to lay the foundations for children to do everyday tasks. For example: putting on shoes, feeding themselves, cleaning their own teeth. Fine motor skills are also critical for the development of emergent writing. It's important to start working with children on building their fine motor skills early on. Fine motor skills will develop and improve as they move through childhood. It just takes the right kind of practice and activities.

Fine motor skills also:

- Allow children to play with small objects
- Encourage creativity
- Improves hand-eye coordination
- Assists in the development of communication skills- talking, writing and drawing
- Fosters independence
- Improves physical awareness
- Builds confidence







Activities that develop fine motor skills:

- Playdough is fantastic for kneading, pushing, pulling and rolling into shapes. This much-loved activity really gives the fingers a workout. Older children can learn how to use playdough tools to cut, press and squeeze it into all sorts of shapes
- Filling buckets with sand using a shovel
- Painting and drawing with different mediums
- Picking objects up with tongs or tweezers
- Use building blocks or connector blocks to make something

References

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