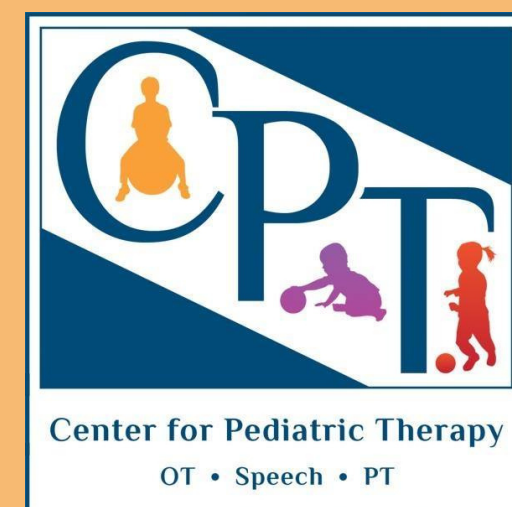


Developing Fine Motor Skills: Preschool Age Activities



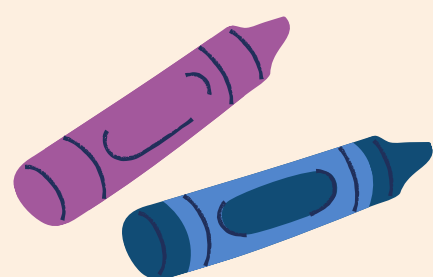
Fine Motor Skills

- Fine motor skills are the ability to use the small muscles in our wrists, hands, and fingers.
- Skills include reaching, grasping, manipulating, and functionally using objects.
- Efficient fine motor skills are required for successful participation in play, self care, and school based tasks.



Develop Coordinated Grasp Patterns

- Peel and place decorative stickers.
- Utensils: Use smaller tools to activate smaller hand muscles - such as small "Pip Squeak" markers, golf pencils, or crayons broken in half.
- To maintain a tripod (three-fingered) grasp, encourage your child to occasionally use their ring and little finger to hold a cotton ball or pom-pom against their palm.



Practice Drawing & Pre-Writing Skills

- Use different tactile mediums - such as shaving cream, rice, and sand to make lines and shapes.
- Have your child work on a vertical surface - such as at an easel, white erase board, sliding glass door, refrigerator, or bathtub wall.
- Complete connect the dot pictures and mazes.
- "Draw" shapes in the air with large arm and hand movements.



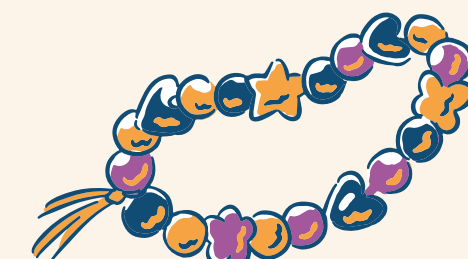
Improve Strength

- Play dough & Putty: mold, squeeze, roll, pat, squish, pull, tear, and pinch.
- Flicking Games: use index finger to flick cotton balls, small pom-poms, coins, or balls of paper at a target.
- Resistive Tools: use a hole punch, tweezers, spray bottle, basting tool, garlic press, or eye dropper during play and art projects.
- Play On All Fours: have your child crawl through obstacle courses or play games while on their hands and knees.



Use Both Hands Together

- String beads onto pipe cleaners or hard spaghetti.
- Use a ruler or stencil to trace.
- Tear small pieces of colored construction paper and paste onto another picture to fill in shapes.
- Pull apart and put together pop beads of different sizes.
- Ball Games: use a ball or balloon to have your child use both hands together to catch, bounce, or throw.



Explore Scissor Skills

- Use toys encouraging grasp and release such as tongs and tweezers.
- Try different types of scissors such as spring loaded or loop scissors.
- Practice cutting with different medias - such as snipping straws, play dough, construction paper, or card stock.
- Add a visual cue of a sticker on your child's thumb to promote a "thumbs up" grasp when using scissors.



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