



Fine Motor Development in Children

Why do we need F/M?

Getting dressed: tying shoes, zips, buckles, buttons, snaps

Eating: holding utensils, opening containers, finger foods

Reading: turning pages, directionality

Writing: holding a pencil, holding the paper, forming letters

Playing: card games, games with pieces, puzzles, crafts, scissors, drawing, painting,
colouring

Daily life: handling money, using keys and locks, typing, holding small items,
putting parts together

Doing **ANYTHING** that requires small precise hand and finger movements

"Before he can learn that "p" is down and "b" is up, he must learn when he is down and when he is up. Directionality must become a part of the body scheme before any child can have a real appreciation of the directionality of letters, numbers and words." (Capon, 1975)

Why practice?

- ❑ Motor skills must become almost “automatic” or 2nd nature – freeing the brain to concentrate on new information

What are the main areas?

- ☐ Muscle strength
- ☐ finger dexterity
- ☐ hand eye coordination
- ☐ pencil grip
- ☐ muscle memory
- ☐ spatial awareness

Things to consider:

- ❑ Location - self space, general space
- ❑ Directions - up/down, forward/backward, left/right
- ❑ Levels - low/middle/high
- ❑ Pathways - straight, curved, zigzag
- ❑ Extensions - far/near, large/small
- ❑ Effort - fast/slow, strong/light