

What are Fine Motor skills?



Fine Motor Skills are small muscle movements of the fingers that help your child to perform school readiness activities, such as:

- **Painting with a paintbrush**
- **Cutting with scissors**
- **Drawing and writing using a pencil, crayon or text correctly**
- **Holding and manipulating small objects**
- **Holding and using a knife and fork**
- **Craft activities**

Being able to isolate the movement of your fingers can be tricky, especially when combined with all the other things that are needed for school skills, such as balance, muscle tone, hand stability and muscle strength to name a few. It's hard to imagine but it can take a lot of effort to combine all of these things and then remember to use the fingers muscles accurately.

Between the ages of three and five children usually demonstrate rapid gains in fine motor manipulation, finger dexterity and tool use. Fine motor skills don't develop overnight but take time, patience and practice.

Angel Academy knows that learning is easier when it is fun, so our program looks at developing fine motor skills through activities that are both fun and creative. Each day fine motor skills are practiced. These skills are then re-enforced and developed with cutting, coloring, drawing, and in the advanced version, number and letter development.

Upright working surfaces can also help to encourage fine motor skills in your child. These can include chalkboards, painting easels, magnet boards, front of the fridge, windows, mirrors and white boards.

These surfaces work by encouraging a stable wrist position to develop good thumb movements, strengthen fine motor muscles and encourage your child to use both the arm and shoulder muscles.

As a parent, you can encourage your child to develop these skills through every day tasks including buttons, using pegs, opening and closing jars, threading beads and playing with dough. Here are some more suggestions for developing fine motor skills that are all included as part of your child's program at Angel Academy Preschool.

- 1. Cutting**
- 2. Matching and Pasting**
- 3. Self-Care Skills**
- 4. Tracing and Coloring**
- 5. Pre-Writing Patterns**
- 6. Dot-to-dots**
- 7. Finger Tracing and Painting**

Things to remember...

It's always easier to learn when you are having fun - this goes for both you and your child!

Children all develop at different rates and what your child can do with fine motor skills today, with a bit of practice, may be very different tomorrow.



Let's have some fun!!