

fine motor skill development

bar bendet

what are motor skills?

fine motor skills

require the use of small muscle groups; need **control** and **precision**

- holding a pencil
- weaving/threading
- using scissors
- holding tweezers
- brushing teeth
- holding utensils

gross motor skills

require the use of large muscle groups; through **exercise** and **large movements**

- jumping
- running
- throwing a ball
- crawling
- climbing stairs
- sitting upright

fine motor skills



gross motor skills



nature vs. nurture

nature



nurture

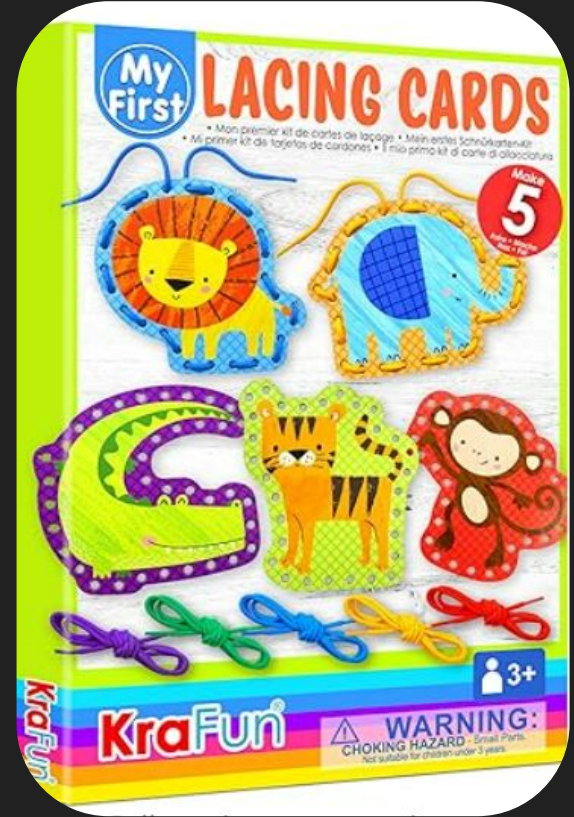


developmental milestones

2 years old	<ul style="list-style-type: none">● holds crayon with fingers● hand control - block towers
3 years old	<ul style="list-style-type: none">● can thread beads on string● starting scissor skills
4 years old	<ul style="list-style-type: none">● improved scissor skills● simple puzzles
5 years old	<ul style="list-style-type: none">● can draw comfortably● button and unbutton
6 years old	<ul style="list-style-type: none">● improved writing skills● zipper skills

what is out there already?

games



necessities/accessories



parents' thoughts

noticed struggles

holding knife, spreading,
writing



grip with utensils and pencils



grip with writing utensils



messy with utensils and
pencils



scissor skills



types of activities

arts and crafts

bought a supporting device

practicing with arts

through normal play

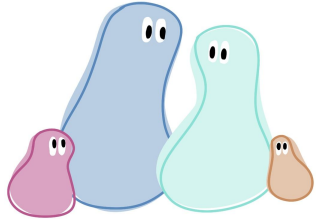
practicing through crafts

outliers

“Just let them **play with toys** to work on all developmental skills”

“I do **painting** with brushes, sensory water bins (with **droppers** and old medicine **plungers, tweezers,** and **scoopers**)”

family one



kids: **4 years**, 20 months

4-year-old is showing signs of delayed motor skill development - is currently waiting to be tested for a referral to see an **occupational therapist**

struggles holding utensils (food/writing)

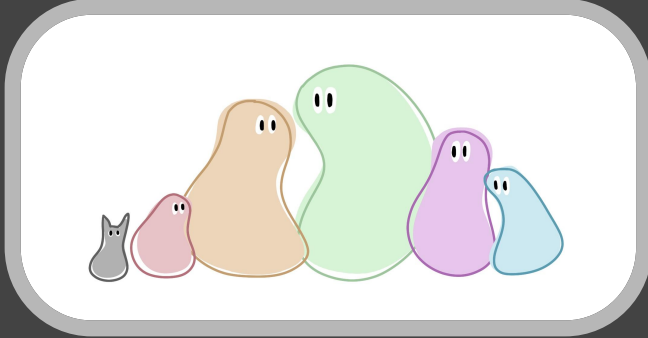
doesn't want to cause stress/resistance

confidence with skills

how can they have avoided this?

when do they work on these skills?

family two



kids: 16 years, **11 years**, 4 years

11-year-old was born premature and had to spend 4 months under **intensive care** and **supervision**.

Doctors kept track of his development/milestones

stress about milestones

effect of occupational therapy

toys that mimic life

real independence vs. perceived

stress with
meeting
milestones and
making sure
their kids stay on
track with
development

lots of struggle all
around with
writing/eating
utensils and
properly holding
the tools - leads to
confidence issues
in the kids

how to make sure
the kids are
learning the
independence
skills that they
need without
actually letting
them do the tasks