

Fine motor activities

Fine motor skills involve the use of the small muscles that control the hand, fingers, and thumb. They help children perform important tasks like feeding themselves, grasping toys, buttoning and zipping clothes, writing, drawing, and more. The ability to complete self-care and every day tasks helps a child's self esteem and confidence to increase.

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.

Some children may struggle with performing tasks that use their fine motor skills. This can cause them to become frustrated and upset when they can't complete every day tasks. For example, a child may have a difficult time holding scissors and cutting along a dotted line. This could cause them to be frustrated at the task and avoid cutting exercises because they feel it's too difficult.

Some simple ideas to develop gross motor skills:

