



# Occupational Therapy Connection

## Monthly Newsletter

### Fine Motor Skills

Fine motor coordination is the ability to make discrete movements using the small muscles in the hands, wrists, and fingers. Fine motor skills are complex. They involve coordinated efforts of the brain and muscles. They are built on gross motor skills which allow for refinement.

#### **If your child's fine motor skills are poor, it can affect their work in the classroom!**

Here are some of the ways that your child uses fine motor skills in the classroom:

- Holding a crayon, marker, and pencil
- Drawing pictures
- Writing letters, numbers, and words
- Using manipulatives in math
- Using scissors, pencil sharpeners, glue, rulers, and other classroom tools
- Opening containers, glue sticks, and markers

Tips and tricks to help promote fine motor skills:

- Weight bearing activities -
  - Crawling
  - Donkey kicks
  - Wheelbarrow walks
  - Yoga
  - Playing on all fours
  - Tummy time
- Pushing and pulling toys
  - Lego block or duplo blocks
  - Velcro
  - Pop beads
  - Mr. Potato Head
  - Peg boards, light bright
  - Rolling pins, play dough extractors
  - Tearing paper
  - Nuts and bolts
  - Tops
- Squeezing activities
  - Play dough, putty, or clay
  - Spray bottles, sponges
  - Clips, clothes pins, tongs, chopsticks
  - Scissors, hole punches, glue bottles
  - Sensory balloons, stress balls, tub toys
  - Crumbling paper, bubble wrap

Please check out my website for more ideas and information: <https://missvicki-ot.weebly.com>

# Suggestions of games and toys to promote fine motor skills

- Operation
- Hi Ho Cheerio
- Ants in the Pants
- Cooties
- Don't Break the Ice
- Hungry Hungry Hippo
- Don't Spill the Beans
- Bed Bugs
- Sneaky Snacky Squirrel
- Card games
- Battleship
- Connect Four
- Checkers
- Puzzles
- Aze books, dot to dots,
- Arts and Crafts
  - model magic
  - Stencils
  - rubbing plates
  - Lacing
  - sticker books
- Light Brite
- Magna Doodle
- Etch-a-sketch
- Mr. Potato Head
- Legos, duplo blocks
- Oreo match, Memory Match
- Play dough