



DEVELOPING FINE MOTOR THROUGH PLAY

Fine Motor Development



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Fine motor development starts right after the baby is born.

Fine motor is the muscle movements that occur in the fingers and involve coordination with the eyes. Children go through different stages as they develop their fine motor. In teaching fine motor skills, the teacher must always try to be patient and understanding. Fine motor skills will not develop over-night; fine motor will develop over time and with practice.

Before fine motor skills can be developed, there needs to be a strong core, neck, and shoulder muscles in order to complete the task of fine motor development.

Gross motor skills Such as: Crossing midline, bilateral coordination, motor planning, and muscle tone will develop the muscles needed to work on fine motor skills.

Developing Fine Motor Skills

Fine motor skills are really important for healthy childhood development. Not only does a child need to develop essential life skills like, bathing, dressing, eating, and handwriting, fine motor skills are a part of their overall healthy development in other areas such as gross motor skills.

All these skill are connected and developing together. Gross motor skill strengths/ weaknesses impacts growth in fine motor skills. Core strength, bilateral coordination, crossing the midline, and neck and shoulders strength are needed so fine motor skills can flourish.

Research suggests that fine motor skills are so important that they are connected to how a child learns to read, complete math problems and other high level cognitive thinking. (Clark, 2010).

How many times during the day do you use your hands? Now imagine not being able to use your hands for one day. Now imagine not having developed fine motor skills and you are ask to do something that take advanced fine motor skills.

Hand out gloves- Scissors- paper, Pencils

To develop Beginning Hand and finger Muscle Strengthening:

Choose activities that work the hands in squeezing, pushing, rolling and poking activities to build muscle strength.

1. Finger Paint
2. Pudding painting
3. Shave Cream
4. Play Dough including cutting tools, pressing toys and rollers (also builds bilateral coordination)
5. Clay
6. Gak (put liquid starch on hands)

Playing with clay, play dough, and gak is an excellent way to develop “general eye/finger/hand manipulation skills as well as build bilateral coordination.

Beginning Pincer Development

Choose activities that develop the fingers coordination of bring the thumb, index and middle finger together; picking up an item and placing it somewhere else will help beginning pincer development. A child is changing from clutching an object between fingers and palm to using the thumb and index finger. During the stages of development, the pincer grasp is “inferior” when the child uses the arm for support and when the index finger lacks development for proficient use.

1. Preschool pick-up sticks
2. Stamps- with small enough stamps to user the pincer grasp.
3. Pegged Puzzles
4. Small stacking blocks, or other activities that encourages children to use the pincer grasp.

Intermediate Pincer Development

Choose activities that advance the pincer move and require simultaneous pushing, pulling, twisting and alignment of one item to another.

1. Squeezing a glue bottle (A drop, a drop ,a drop of glue any more is too much glue)
2. Nuts and Bolts
3. Bubble links
4. Snap blocks
5. Puzzles with no pegs
6. Playing with clip chains

Place old newspaper, tissue paper, magazines and scissors in the water table and let the children use the scissors to cut.

Advanced Fine Motor Development:

Choose activities that require pincer use with write and hand movements and more precise and fine-tuned accuracy of movements.

1. Squeezing a drop of glue on a specific spot. (A drop, a drop , a drop of glue any more is too much glue)
2. Picking up and placing small collage items onto the glue spot
3. Fine holed beading
4. Lacing
5. Cutting activities
 - a. Snipping of paper
 - b. Cutting of play dough
 - c. Cutting of pre-writing shapes (use big fat lines)
 - i. Lines
 - ii. Square
 - iii. Triangles
 - iv. Arched Lines
 - v. Circle

Developmental Stages In Writing Readiness:

The above listed fine motor actives lead into pre-writing skills. The following information describes the appropriate level of pre-writing for each age and stage.

1. 2 year olds- scribble marks, vertical lines and horizontal lines.
2. 3 year olds- circle and cross
3. 3. 4 year olds- square and triangles
4. 5 year olds diamonds

Four stages of pre-writing

1. **Imitating:** The child sees you make body movements to create a shape and then they “imitate” what you just did with your body like big swooping arms “circles” or finger “lines in the sand”. Children get information about how writing works by observing adults. Children learn from literate adult examples. Children need examples to help them learn random conventions of their language. Children can learn left to right sequence, capital letters, space between letters and punctuation through watching an adult write.
2. **Tracing:** The child will recreate the prewriting marks over a pattern. The child does not necessarily have to use writing utensils. The child could use their fingers, blocks, string, or play dough with a pattern over which they are covering.
3. **Copying:** The child sees a shape or prewritten line and, after seeing it, they are able to duplicate it. Use a wide variety of ways to achieve this stage, not just with writing utensils.
4. **Writing:** holding a writing utensil in a specified grasp (usually a tripod, but not always) and making the pre-writing shapes on paper. H, O, L, T, are the basic prewriting letters, once they master these, they can accomplish all the other in

the alphabets. Use H, O, L, T, to help promote pre-writing during the final stages of writing.

Upright working surfaces for promoting fine motor skills.

1. Vertical chalkboards
2. Easels for painting
3. Flannel boards
4. Magnet boards

Children can use etch-a-sketch and magna-doodle, these activities provide benefits like, having the child's wrist positioned to develop good thumb movement, they help develop good fine motor muscles, and the child is using the arm shoulder muscles.

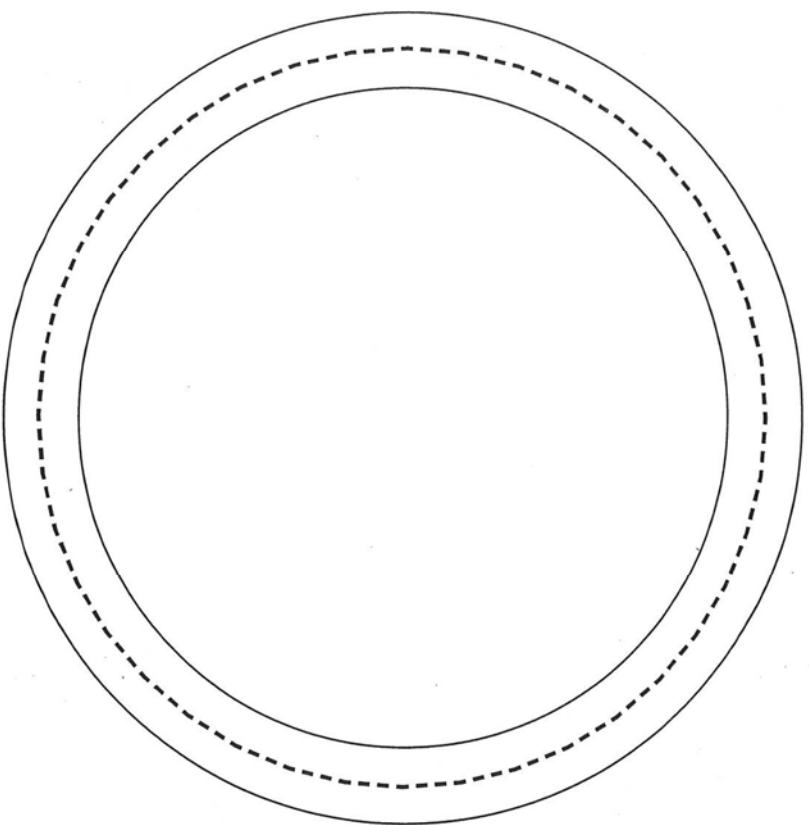
Most of all the teacher needs to keep in mind that a child learns through play. Always keep that in mind when teaching fine motor.

Recommended mediums for assisting in developing pre writing skills in preschool children

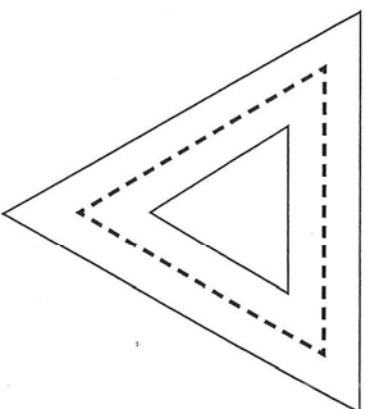
1. Finger painting
2. Finger draining in sand, cornstarch or flour. Place one of these items in a cookie sheet about ¼ inch thick, then use your pointer to draw the prewriting shape.
3. Shave cream
4. Cut pieces of string
5. Cut pieces of paper
6. Play Dough (rolled into ropes and formed into shapes by the child).
7. Blocks lines up into shapes
8. Cars lines up into shapes
9. Chalk board
10. Large body movements with either arm and hand
11. Loopydy loops with streamers



Cut along the black lines

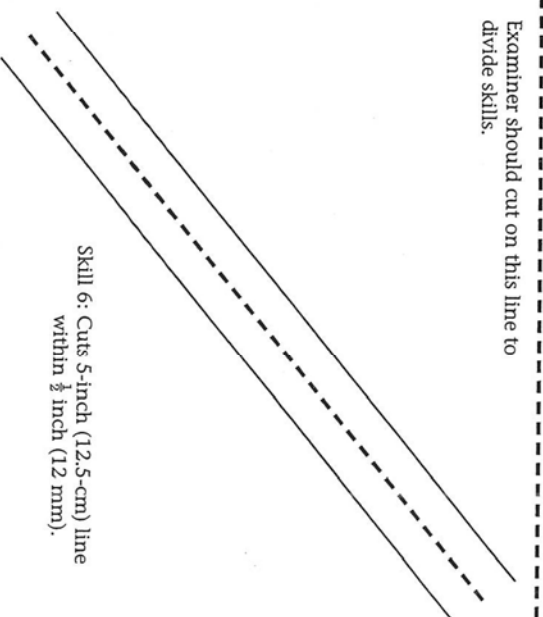


Skill 9: Cuts 5-inch (12.5-cm) circle within $\frac{1}{2}$ inch (12 mm).



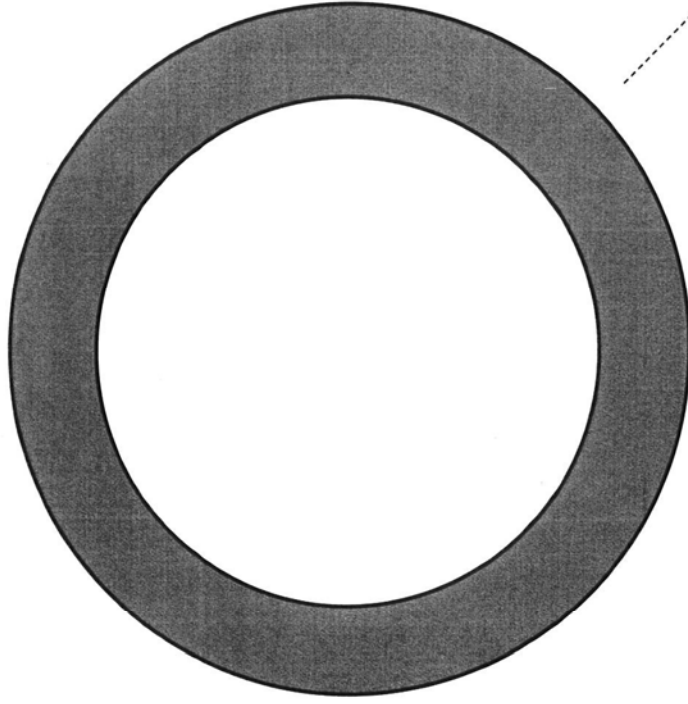
Skill 7: Cuts triangle with 2-inch (5-cm) sides within $\frac{1}{2}$ inch (12 mm).

Examiner should cut on this line to divide skills.



Skill 6: Cuts 5-inch (12.5-cm) line within $\frac{1}{2}$ inch (12 mm).

Examiner should cut on this line to divide skills.



Cut out the circle, stay within the shaded area



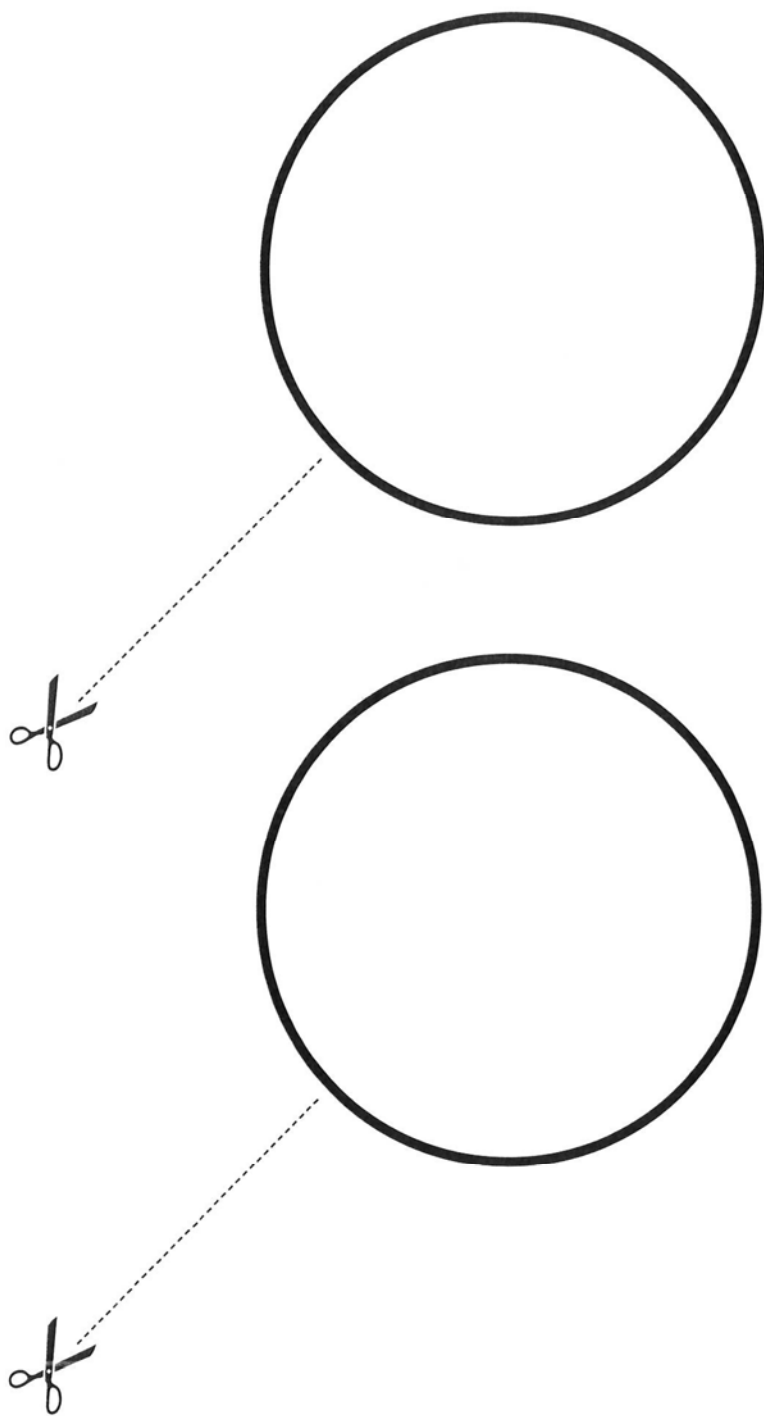
Cut along the lines



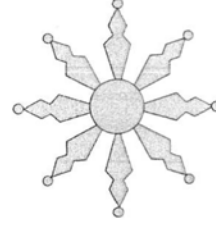
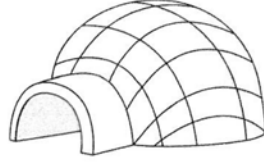
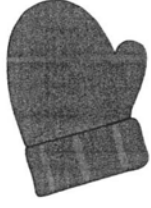
Cut along the black lines










Cut along the black lines

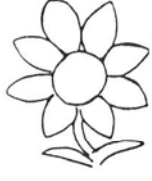


Cut out the circle

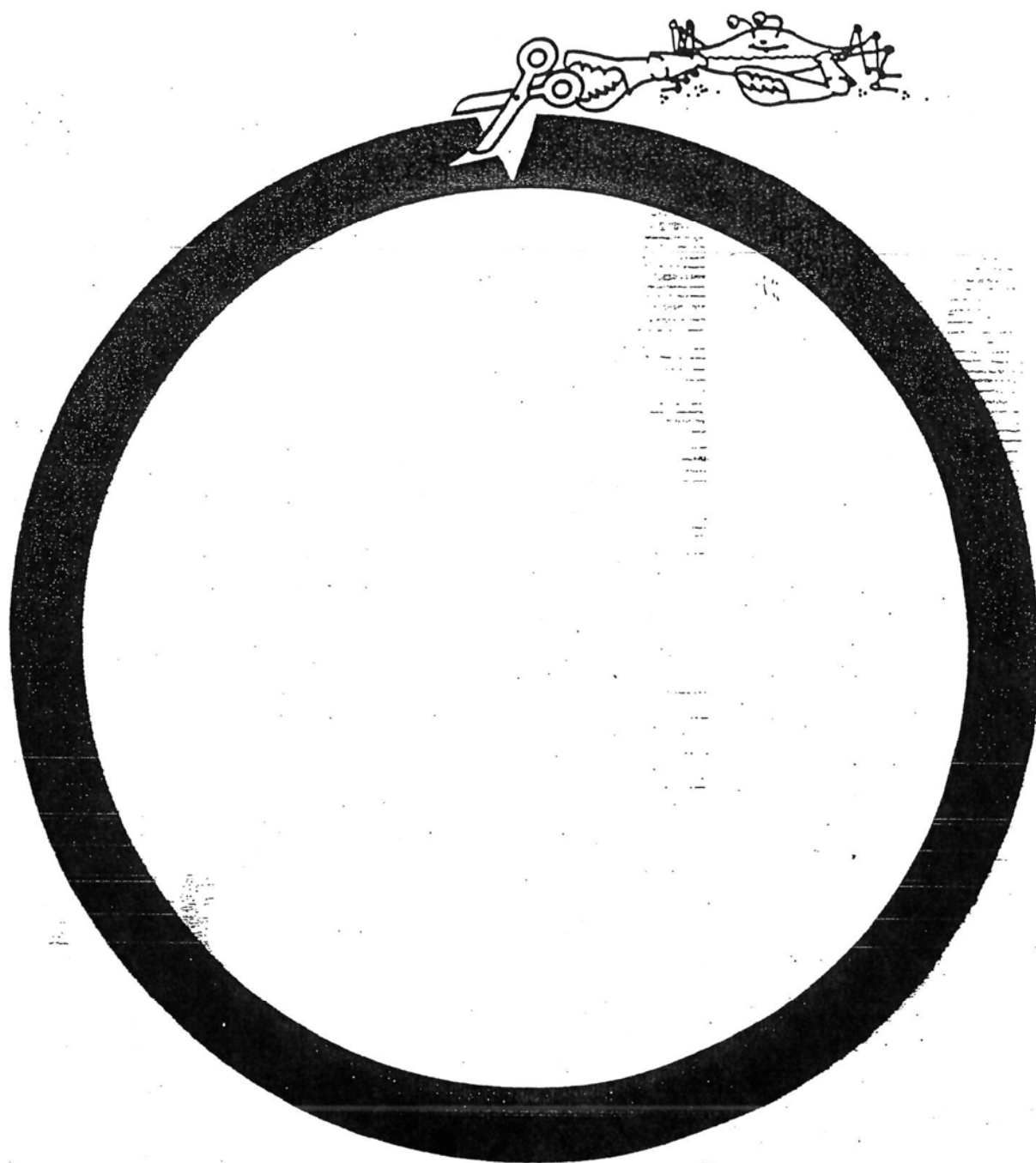


SUGGESTED ACTIVITIES FOR DEVELOPING PRE-SCISSOR SKILLS

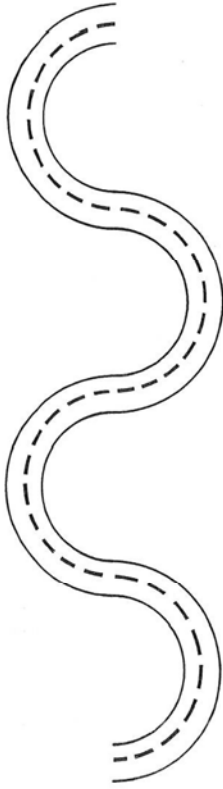
-  Tearing and scrunching paper, for papier-maché and collage work
-  Using a single or double hole-punch to make holes for lacing activities
-  Squeezing empty plastic bottles to make bubbles in water or to blow feathers or ping-pong balls across a table
-  Finger or glove puppets
-  Hand and finger rhymes, eg-Incey Wincey Spider, Peter Pointer, Two Little Dicky Birds
-  Modelling clay or dough - rolling, pinching
-  Musical instruments - trumpets, castanets, finger-cymbals



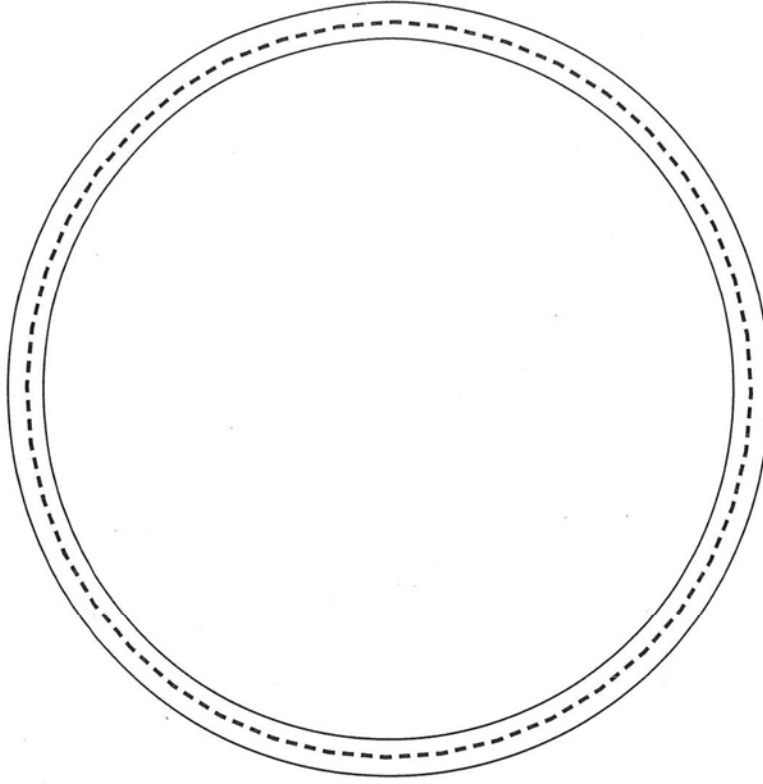
Cut along the black lines



Circle - 1/2"

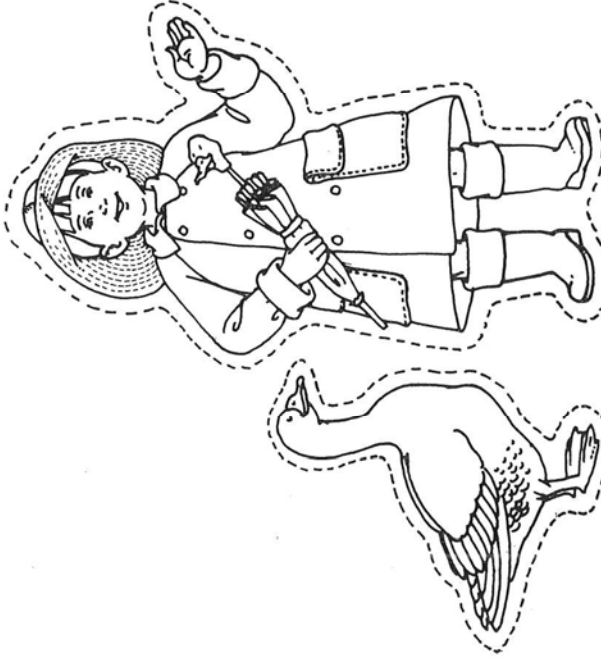


Skill 11: Cuts 5-inch (12.5-cm) curving line within $\frac{1}{4}$ inch (6 mm).



Skill 10: Cuts 5-inch (12.5-cm) circle within $\frac{1}{4}$ inch (6 mm).

Examiner should cut on this line to divide skills.

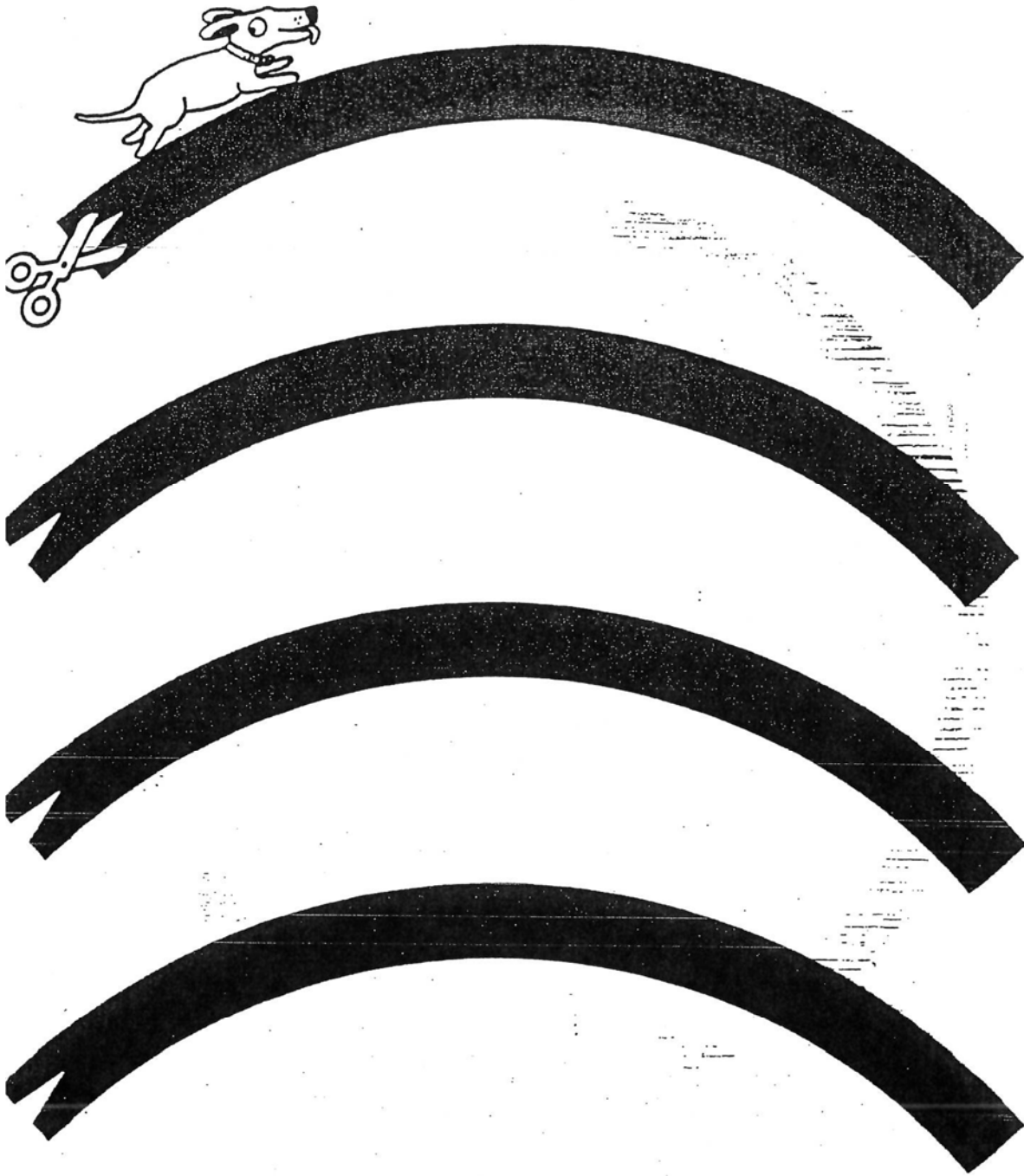


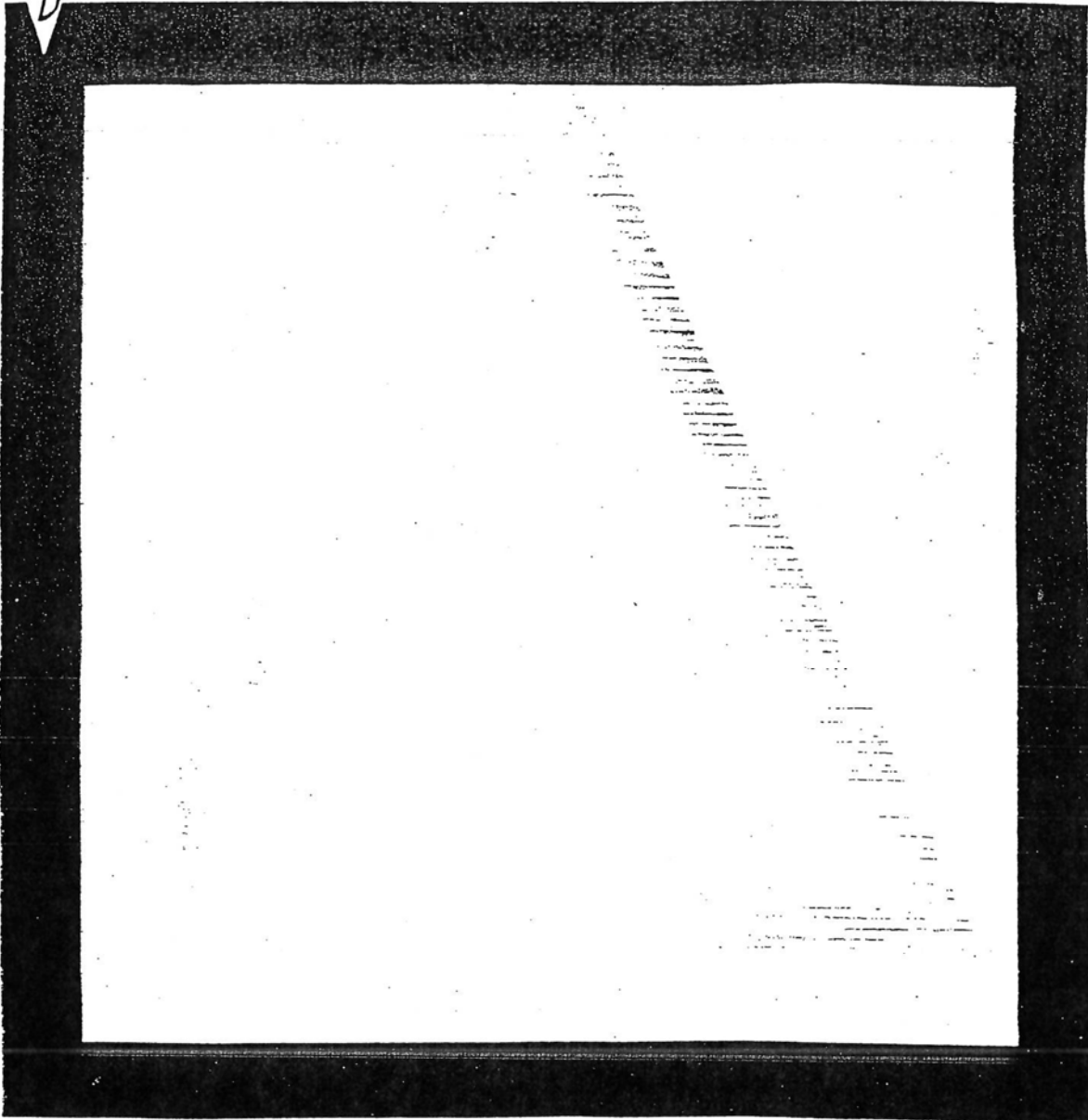
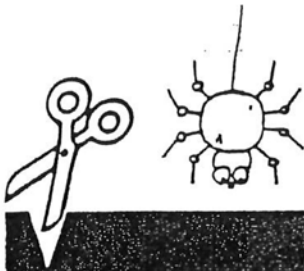
Examiner should cut on this line to divide skills.

Skill 12: Cuts out items such as paper dolls or pictures of animals.

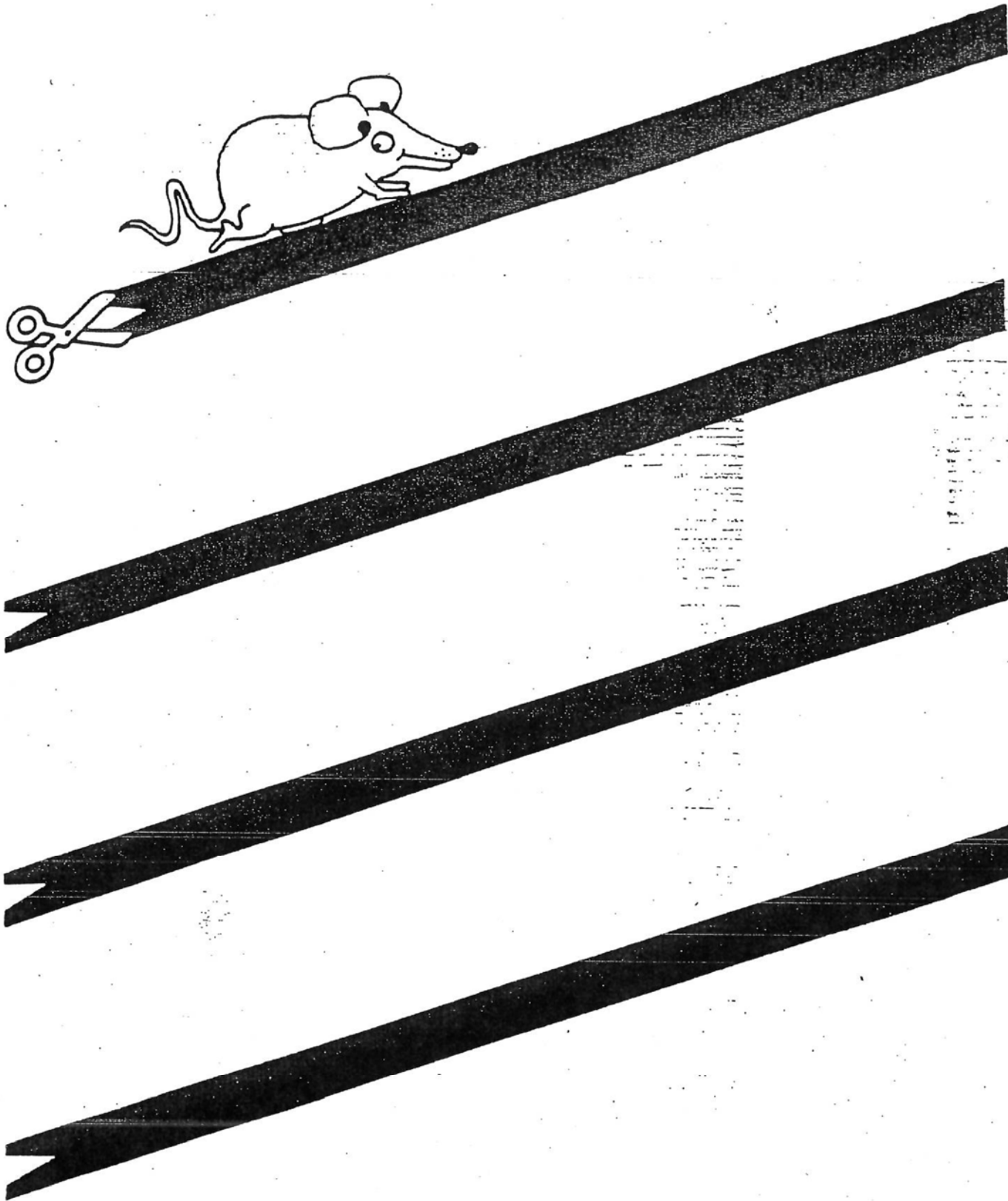
THE 14 STEPS IN SCISSOR SKILL DEVELOPMENT

1. CHILD ENJOYS TEARING PAPER DURING PLAY ACTIVITIES
↓
2. CHILD SHOWS AN INTEREST IN AND UNDERSTANDS THE USE OF SCISSORS
↓
3. CHILD ABLE TO MAINTAIN CORRECT GRIP WHEN POSITIONED BY ADULT
↓
4. CHILD ABLE TO HOLD SCISSORS APPROPRIATELY WITHOUT ASSISTANCE
↓
5. CHILD BEGINS TO OPEN AND CLOSE SCISSORS
↓
6. CHILD ABLE TO OPEN AND CLOSE SCISSORS USING A CONTROLLED ACTION
↓
7. CHILD ABLE TO HOLD PAPER AND MAKE RANDOM CUTS
↓
8. CHILD ABLE TO MAKE CONSECUTIVE CUTS WITH A FORWARD MOVEMENT
↓
9. CHILD ABLE TO CUT STRAIGHT LINES AVOIDING UNINTENTIONAL LATERAL MOVEMENT
↓
10. CHILD ABLE TO CUT OUT SIMPLE SHAPES INVOLVING ONE CHANGE OF DIRECTION
↓
11. CHILD ABLE TO CUT OUT SIMPLE SHAPES, MORE THAN ONE DIRECTIONAL CHANGE
↓
12. CHILD ABLE TO CUT ALONG CURVED LINES
↓
13. CHILD ABLE TO CUT OUT CIRCLES
↓
14. CHILD ABLE TO CUT MORE COMPLICATED SHAPES WITH STRAIGHT AND CURVED LINES





Square - 1/2"
Learning to Cut - Book 1



Diagonal Line - $\frac{3}{8}$ "