

# Fine Motor Skills Parent workshop

17<sup>th</sup> November 2023

# Motor Skills

- ▶ Acquiring motor skills is just one part of children's development.
- ▶ Mastering both fine and gross motor skills are important for children's growth and independence.

**Gross Motor Skills:** movements related to large muscles such as legs, arms, etc.

**Fine Motor Skills:** movements related to smaller muscles such as wrists, hands and fingers.

# Gross motor skills!

- ▶ Children need their gross motor skills to run, jump, climb etc.

## Ideas to develop gross motor skills

- Jumping on trampolines
- Hopscotch
- Playground play
- Bikes and Scooters
- Dancing
- Obstacle courses.



# Fine motor skills!

- ▶ Children use their fine motor skills when writing, holding small items, buttoning clothing, turning pages, eating, cutting with scissors, and using computer keyboards.
- ▶ Mastery of fine motor skills requires precision and coordination.



# Children's hands

► Child in the Early Years



► Child in Year 2



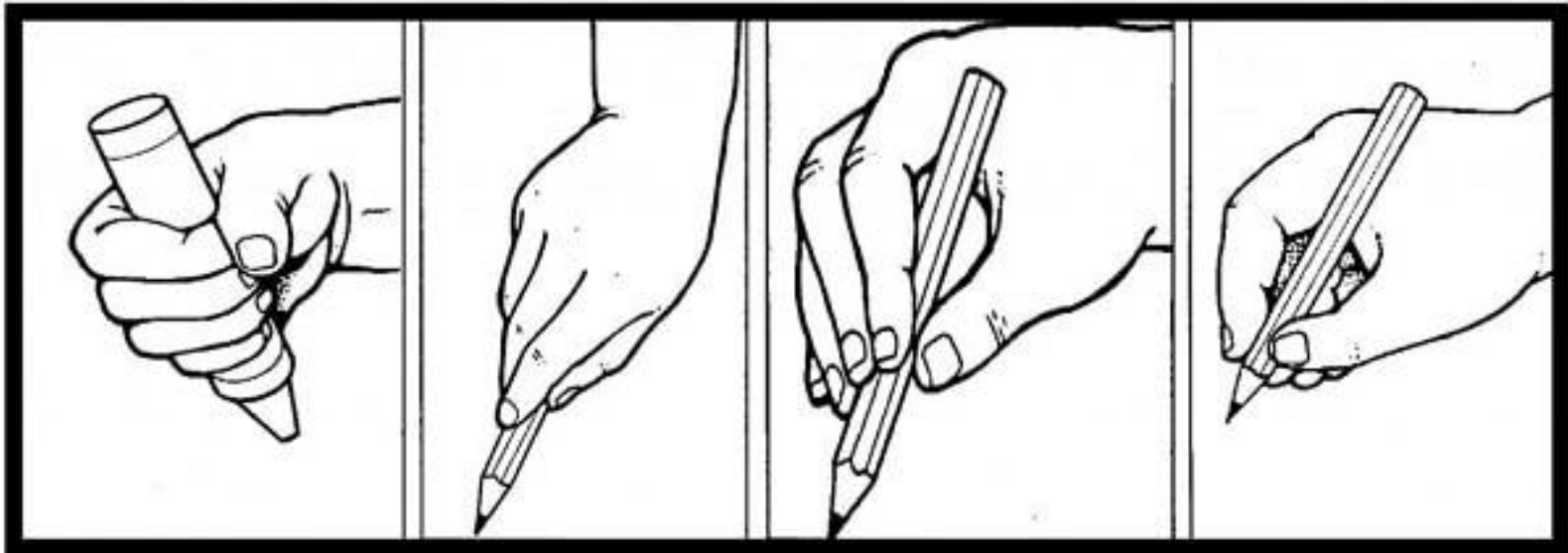
# Learning how to write



Before expecting your child to write...**THINK**...Do they know how to hold a pencil correctly?

**How does your child hold a pencil?**

# Pencil grip stages



**Fist grip**  
1-1 1/2 years

**Digital grip**  
2-3years

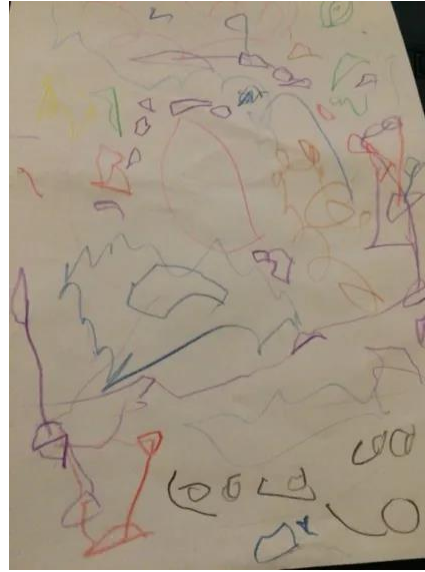
**Modified  
Tripod grip**  
3- 4 years

**Tripod grip**  
4-7years

Children who are still developing their pencil grip will need to develop their fine motor skills.



# Pencil control



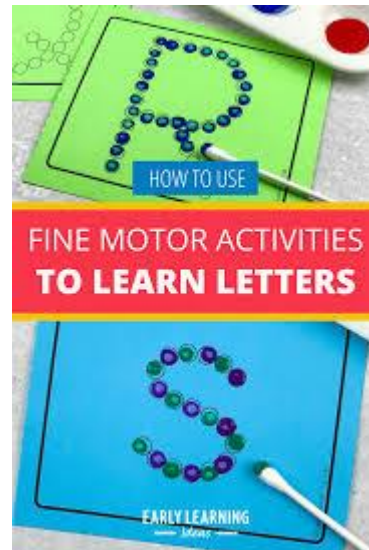
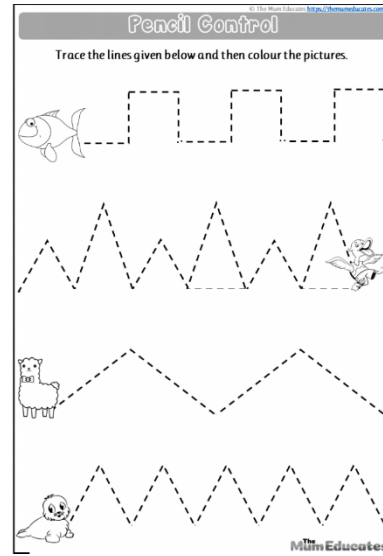
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# ► Some activities to develop these skills:







# Messy play Ideas



# Key Messages

- ▶ Children need to develop their Gross motor skills before they develop their fine.
- ▶ Is your child ready to be writing letters?
- ▶ To improve handwriting you do not need to be sitting down doing handwriting.
- ▶ Writing- Start big and get smaller!
- ▶ Developing fine motor skills should be fun!

# Stay and Play Session

- ▶ Enjoy trying the fine motor skills activities with your child.
- ▶ Feel free to ask any questions.
- ▶ Please do not use your phones in the classrooms.
- ▶ Please do not take any prams into the classrooms.