

FINE MOTOR SKILLS

Fine motor skills refer to the ability to use and coordinate the small muscles in the hands and fingers to perform tasks that require precision and dexterity. These skills are helpful for various daily activities, such as, writing, colouring, turning pages in a book, eating, and dressing.



TYPES OF FINE MOTOR SKILLS

Bilateral coordination, finger isolation, hand and wrist development, range of motion, dexterity, intrinsic muscle strength, precision handling, grasp patterns, grip and pinch strength



DEVELOPING FINE MOTOR SKILLS

There are 4 important factors needed to develop these skills:

- 1) Postural Control/Stability: Postural control affects the ability to grasp and release objects and stability in the wrist, elbow and hand
- 2) Bilateral Coordination & Crossing Midline: bilateral coordination is the ability to use both sides of the body together, while crossing midline is the ability to reach to the opposite side of the body to complete a task
- 3) Tactile Perception: the ability to understand what the body is physically feeling through touch
- 4) Hand Function: Includes the coordination of movement with the forearm, wrist, hand, and fingers



Print Like a Pro

**Fine Motor Skill
Development for Teens**

**Fun Fine Motor Skill
Activities**

**30 Days of Fine Motor
Activities**

**43 Finger Dexterity
Exercises**

