
Physical Development – Fine Motor Skills

INSTRUCTIONS

This handout was designed for use with the video from The Early Years Foundation Stage Reforms (EYFS) Department of Education (UK) “Physical development – Fine motor skills.” The questions and activities in this handout could be used in a work session (e.g., professional learning community, professional development session), for individual coaching, or for self-reflection.

Goals

- ◆ Reflect on current practices in supporting the fine motor skills of children in your care.
- ◆ Discuss practical ways educators and families can support the development of infants’ and toddlers’ fine motor skills in everyday activities.
- ◆ Discuss strategies for partnering with families to support infants’ and toddlers’ fine motor skills.
- ◆ Plan to collaborate with families to support children’s development of fine motor skills.

Activity

- ◆ Watch the video.
- ◆ Use the questions below to reflect on how you can partner with families to support children’s fine motor skills.
- ◆ Implement your plan and adjust as needed to support children’s fine motor skills.

Fine motor skills are a part of whole-body physicality. They empower children to navigate the world with confidence and independence.

Millie Colwey

REFLECTION QUESTIONS

- ◆ What caught your attention from the video? What made that fact, excerpt, or example meaningful to you?

- ◆ In the video, educators highlight the importance of being intentional in facilitating the development of fine motor skills within everyday tasks such as putting on shoes, coats, etc.
 - Reflect on the everyday tasks you engage infants and toddlers in. How can you intentionally infuse opportunities to develop and support fine motor skills into these everyday tasks?
 - What challenges may arise when focusing on fine motor skills during these tasks? Consider ways you may overcome such challenges.
 - How can you support families to include fine motor support during children's daily routines at home?

- ◆ In the video, educators mentioned the importance of creating an environment that provides children with rich opportunities to develop fine motor skills.
 - Reflect on the materials available to children in your classroom. What additional materials might you need to ensure infants and toddlers have rich opportunities to develop fine motor skills as they play?
 - What modifications may you need to make to your classroom centers to ensure that all children have ample opportunities to develop fine motor skills?
 - How can you encourage independence as children develop fine motor skills?
 - What are some specific steps you should take as you plan to engage infants and toddlers in fine motor activities?

- ◆ Some families may have ideas to share about engaging infants and toddlers in fine motor activities. Other families may need additional ideas for supporting their children at home. Develop a plan to reach out to families to learn more about their experiences supporting children's fine motor skills.
 - How do families currently support children's fine motor skills at home?
 - What additional resources may they need and how can you help ensure that children have access to resources at home?
 - Think about ways to encourage families to share ideas and/or resources with other families. How can you be a resource to families to share strategies that support the development of fine motor skills while respecting their unique situations and values?

ADDITIONAL RESOURCES

Learn more about encouraging infants' and toddlers' fine motor skills:

- ◆ **Source:** National Association for The Education of Young Children (NAEYC)
- ◆ **Article:** Why Do Babies Like Boxes Best?
- ◆ **Link:** <https://www.naeyc.org/our-work/families/why-babies-like-boxes-best>
- ◆ **Description:** This article shares information about children's development, as well as how paper and boxes provide endless opportunities for them to experiment, explore, and develop skills such as grasping, eye-hand coordination, and tearing.

- ◆ **Source:** Health Sciences Centre Winnipeg
- ◆ **Video:** Fine Motor Development from Birth to 5
- ◆ **Link:** https://www.youtube.com/watch?v=LiTuGv_GeaE
- ◆ **Description:** This video shares four sets of "building block skills" that are required for successful fine motor skills, including strength and stability, bilateral coordination (i.e., using both sides of your body, including your hands, together), sensory processing, and dexterity.

- ◆ **Source:** UTHealth School of Public Health
- ◆ **Video:** Developing Fine Motor Skills with Household Items
- ◆ **Link:** <https://www.youtube.com/watch?v=6YbQIO8cUP0>
- ◆ **Description:** This video, brought to you by the Maternal & Child Health Training Program, demonstrates some easy games to play with toddlers for fine motor skill development.