
How Children Develop Fine Motor Skills

INSTRUCTIONS

This handout was designed for use with the U.S. News & World Report article, "How Children Develop 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

- ◆ Discuss practical ways in which educators and families can support the development of children's fine motor skills.
- ◆ Discuss strategies for partnering with families to support children's fine motor skills.
- ◆ Develop a plan to support children's development of fine motor skills.

Activity

- ◆ Read the article.
- ◆ Use the questions below to reflect upon how you can partner with families to support children's development of fine motor skills.
- ◆ Implement your plan and adjust as needed to support children's fine motor skills.

"If children are going to be able to write or calculate math, they need to be able to use fine motor skills."

Chandra Foote

REFLECTION QUESTIONS

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

- ◆ The author suggested engaging children in activities such as lacing, using small blocks, threading beads onto a string, and tying shoes as great ways to improve their fine motor skills.
 - What are some ways you infuse fine motor activities into your existing daily routine? Have you used any of the shared ideas before? Which ideas were new to you?
 - How can you be intentional about developing fine motor skills as children engage in daily activities?
 - What challenges may arise when integrating fine motor activities into your existing daily routine? Consider ways in which you may overcome such challenges.

- ◆ In the article, the author mentioned using strategies such as play-based learning, hand-eye coordination, and the use of technology to support children's fine motor skills.
 - Think about the materials available in your classroom. What additional materials are needed to ensure children have multiple opportunities to practice using fine motor skills?
 - What modifications may you need to make to your classroom centers to ensure all children have ample opportunities to develop fine motor skills?
 - What are some specific steps you should take as you plan to engage preschoolers in fine motor activities?

- ◆ This article provides activities that families may engage children in at home to support their development of fine motor skills.
 - What additional resources may families need to try new fine motor activities at home? How can you partner with families to overcome challenges and support their needs?
 - Reflect on families' unique strengths in supporting children's fine motor skills. How can you encourage them to partner with other families and share ideas about supporting children's fine motor skills at home?

- ◆ Some families may need support in engaging preschoolers in fine motor activities at home, while others may have ideas to share with you and other families. Consider the unique strengths and needs of the families in your care. How can you be a resource to families and share strategies that support children's fine motor skills while respecting their unique situations and values? How can you partner with families to bring their ideas to life in the classroom?

ADDITIONAL RESOURCES

Learn more about encouraging preschoolers' fine motor skills:

- ◆ **Source:** Michigan State University
 - ◆ **Article:** Building Fine Motor Skills and Why it Matters
 - ◆ **Link:** https://www.canr.msu.edu/news/building_fine_motor_skills_and_why_it_matters
 - ◆ **Description:** This article explains the importance of developing children's fine motor skills and offers simple everyday activities that support their development.
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- ◆ **Source:** PreK Pages
 - ◆ **Video:** Scissor Skills for Preschoolers - How to Help Develop Children's Fine Motor Skills
 - ◆ **Link:** <https://www.youtube.com/watch?v=oRlfvBaTkSg>
 - ◆ **Description:** This video explains the importance of fine motor skills and offers multiple activities to support children's development. It also offers caregiver handouts with tips for families to support preschoolers' fine motor skills.
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- ◆ **Source:** Michigan Medicine
 - ◆ **Video:** Improving Your Child's Fine and Gross Motor Skills
 - ◆ **Link:** <https://www.youtube.com/watch?v=yuVkkhpiHTA>
 - ◆ **Description:** The video shares everyday activities that families can do at home to support children's fine and gross motor skills.