

Improving Fine Motor and Visual Motor Skills



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Practice and Repetition

- * Children need opportunities to practice fine motor tasks in their natural environments and routines.
- * Skills improve when children practice fine motor skills that allow problem solving and learning patterns.
- * Repetition is essential for learning fine motor skills.
- * Extrinsic feedback is important to the child's learning, particularly when first learning, as the child may need encouragement.
- * Transfer of learning or new learning is generalized to a variety of tasks and environment.

Visual Motor Stepping Stones

- * Draws a person with 3-6 different body parts
- * Dresses/undresses when requested without much help
- * Catches a big ball bounced from 3 feet away
- * Dribbles a ball 2-3 times
- * Cuts out a big circle with scissors
- * Cuts out a square
- * Connects a series of dots spaced $\frac{1}{2}$ inch apart to make simple drawings, such as lines, circles, squares
- * Coloring within the lines
- * Catches a tennis ball with hands and chest
- * Prints own first name in either uppercase or lowercase without a Model
- * Cuts out a simple picture following general outline within $\frac{1}{4}$ inch

Self-Help Skills

1. Let your child do as much as he can by himself. Try not to interfere and take over when he wants to do more for himself. If he is not allowed to or if everything is done for him, he may lose the desire to become more independent.
2. Allow the child time and be patient as he works on a task. Give him a start or verbal direction to help him along as needed, but let him complete the task as much as possible independently.
3. Encourage and praise his attempts and independence.



Typical Developmental Sequence for Dressing

1. Removes clothing independently
2. Unzips jacket zipper
3. Puts on socks correctly
4. Puts on shoes
5. Consistently identifies the front and back of garment
6. Unties knots
7. Beginning fastenings such as buttons and snaps
8. Dresses unsupervised
9. Ties a bow



The Developmental Sequence of Grasp



Palmar Supinate
(12-18 months)



Distal Pronate
(24-36 months)



Static Tripod
(3.6- 4 years)

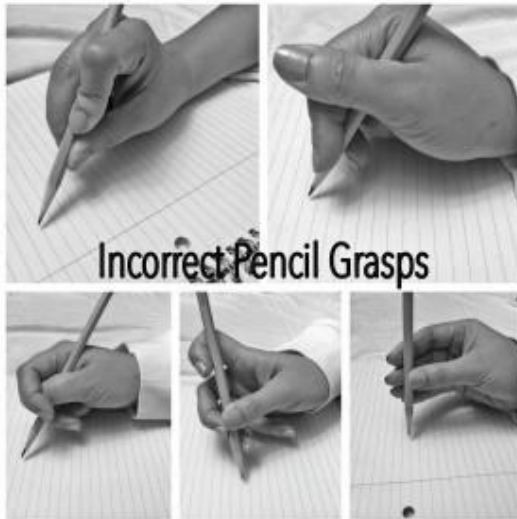


Dynamic Tripod
(4.6 - 6 years)

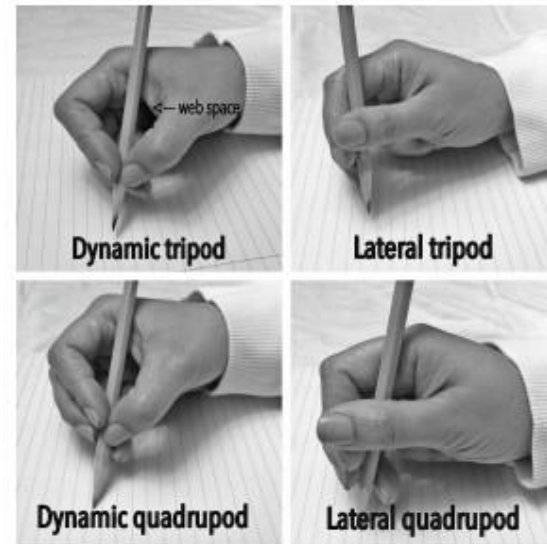
(Erhardt, 1982)

Grasp Patterns

Incorrect



Correct



Benefits of Coloring

- * Coloring helps develop coordination, grip, and hand strength. Coloring is essential for children to learn handwriting readiness because it facilitates the following skills:
 - * **Attention**
 - * **Control**
 - * **Posture**
 - * **Use of helping hand**



Activities to Improve Fine Motor and Visual Motor Skills for School Readiness



- * Activities that utilize the pincer grip
- * Bilateral (two hands) coordination
- * Stacking objects to increase fine motor control

Activities to Improve Fine Motor and Visual Perceptual Skills for School Readiness

Sorting, assembling shapes and pattern making with shells, manipulatives and crafts



Activities to Incorporate Sensory Motor Skills



Drawing with your finger in sensory items:

- * Kosher salt
- * Colored sand
- * Shaving cream

Attention



- * Encourage your child to have periods of focused fine motor activity
- * Have a special work area:
 - * “Art” table and chair
 - * Sit on large bean bag
 - * Lap tray on his bed or cozy area
 - * Tent with flashlight
 - * Lie on his belly

Active Play is a Child's Main Occupation



- * Children need to move and experience in order to develop both gross motor and fine motor skills
- * Critical factors for child's development are movement, touch, human connection and exposure to nature
- * 2-3 hours per day of active rough & tumble play is necessary to achieve adequate stimulation to vestibular, proprioceptive and tactile systems

The Impact of Technology on the Developing Child

- * During engagement in video and computer games the vestibular, proprioceptive, tactile and attachment systems are under stimulated
- * While the visual and auditory systems can be in sensory overload
- * Sensory overload can negatively affect a child's arousal state and ability to self regulate which is necessary for achieving foundational skills for eventual entry to school
- * Nature and “green space” has a calming effect and improves attention span which promotes learning