Fine Motor Development

* Fine motor skills involve movement of the small muscles of the body that include the neck, shoulders, arms, hands and fingers. A person's fine motor skills depend on achievement of bilateral integration and hand eye coordination. Fine motor skills are broken into grasping (hand strength) and visual motor (hand eye coordination).
* Fine Motor skills are important for body movements such as maintaining posture, head, neck, upper extremity balance, coordination, reaching, grasping, pinching, and using a tripod grasp for writing and holding utensils.
* Fine Motor abilities share connections with other physical functions. A student's ability to demonstrate hand eye coordination, for example, will affect his ability to complete puzzles, stack blocks, string beads, and copy prewriting strokes, shapes and letters when writing.

Students with poor fine motor development may have difficulty with activities such as demonstrating visual follow through, using grasping patterns to pinch and use a tripod grasp to write, and participate in self-care tasks such as using a fork and a spoon and managing clothing fasteners.

* Preschool and kindergarten children need strong fine motor skills so they can engage in age-appropriate physical activities and so they can participate in classroom activities that require upper body control.

Fine Motor Milestones

**Between the ages of 3 – 4 years, the child should:**

* Use a loose tripod grasp to hold writing utensils
* Unbutton/button buttons on clothing
* Cut paper into 2 pieces using scissors
* Lace a string through lacing card
* Copy a “+” criss cross stroke
* Cut along a line with scissors
* Trace a line with a crayon

**Between the ages of 4 – 5 years, the child should:**

* Use a neat tripod to maintain a grasp on writing utensils
* Copy a square shape
* Cut circle and square shapes with scissors
* Build steps using blocks
* Demonstrate rapid finger thumb opposition
* Draw a line to connect dots on paper
* Fold paper in half so edges match
* Color between two lines