



TWIN FALLS

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Physical,
Occupational,
&
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Fine Motor Development

Fine motor skills involve the small muscles of the body that enable functions such as writing, grasping small objects, and fastening buttons on clothing. Fine motor skills encompass one's ability to use their fingers, hands, and arms together to reach, grasp, and manipulate objects. They are a critical element of a tool use, including utensils, crayons, and scissors. Shoulder girdle and arm strength and coordination are also essential foundations to fine motor skill development. The coordination of fine motor skills and integration with other abilities allows children to learn complex skills like fastening buttons and zippers, eating with a fork & knife, handwriting, typing and grooming. Fine motor skills are essential for independence with self-care and school based tasks. If your child has fine motor weaknesses that may affect their education or independence, discuss your concerns with your physician and or an occupational therapist. Fine motor basic skills and milestones:

0-4 months: Move arms and hands together, move eyes and head in a coordinated manner, begin to reach and hold objects in the middle of their body.



4-12 months: Reaching with one hand, grasping and holding objects, begin to pick up small items like raisins by 6 months. By 12 months your child should be able to make marks with crayons, stack rings/blocks, turn pages, roll a ball, and will pinch small objects between thumb and index finger.

1-2 years: Hand preference begins to emerge but not yet established. Able to begin moving fingers independently of other fingers. Able to poke bubbles, and, point to objects. Will use whole arm movements to color and hold crayon with a closed fist.



2-3 years: Able to open jar lids, and complete two handed tasks. When drawing, able to hold crayon with fingers pointed towards the paper, and imitate vertical/ horizontal and circular lines. Able to open/close scissors, and by 3 should be able to snip with scissors. Able to use spoon/fork.

3-4 years: Hand dominance solidifying with occasional switching. Able to copy (+) and trace shapes. Attempt to color in lines. By 4, should be holding crayon with 3 fingers (tripod/adult grasp). Able to cut a straight line and manipulate paper with other hand for cutting curves.



4-5 years: Decreased wrist and shoulder movements with coloring/ drawing tasks. Hand dominance, should be established by 5 years old. Able to draw simple shapes, cut shapes with mature scissor grasp, and manipulate buttons.



5-6 years: Both hands should work together. Dominant hand leads majority of tasks and is successful. Able to make small precise movements with coloring. Independent with all scissor skills. Uses tripod grasp with writing/coloring. Able to write name and letters.

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