

The Building Blocks of fine motor skills

The phrase “fine motor skills” is another way of saying precise body movements that use the smaller muscles of the hands as well as hand-eye coordination. When children bring objects to their mouth, stack blocks, draw with crayons, eat with a spoon, and button a shirt, they’re using their fine motor skills. Fine motor skills help children learn to do things on their own and prepare them for school.

These are the building blocks for children to develop fine motor skills:

1 Holding, reaching for, and picking up objects

Bringing toys to mouth, picking up small objects, pointing

2 Stacking and gathering

Stacking blocks, putting items into containers

3 Coloring and drawing

Scribbling with a crayon, then more and more precise coloring and drawing

4 Eating with utensils

Using a spoon and a cup, with increasing dexterity

6 Assembling

Putting together simple puzzles, stringing beads

5 Using safety scissors

Learning to use scissors, then cutting more and more precise shapes

7 Accomplishing complex tasks

Writing the letters of the alphabet, buttoning and unbuttoning, manipulating small objects, playing games on phones or computers skating, skiing, riding a bike



Wyoming
Department
of Health
Behavioral Health Division

Screen for Success is brought to you by the Wyoming Department of Health and the Early Intervention and Education Program



Screen for Success