Why Motor Skills Matter: Improve Your Child's Physical Development To Enhance Learning And Self-esteem

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In your high-quality early care and learning setting, you can create opportunities for infants and toddlers to...
Fine motor skills involve the use of the smaller muscle of the hands, such as when doing up buttons, opening lunch boxes or using pencils or scissors. Fine motor skill efficiency significantly influences the quality of the task outcome as well as the speed of task performance. What can be done to improve fine motor skills? Hand dominance: Determine which is the dominant hand and reinforce its more frequent use in precision task performance. Bilateral Integration: Practice using both hands to perform tasks, not just one (e.g. use the “doing” hand™ to place the block and the “helping” hand™ to hold the block construction steady). If your child has difficulties with fine motor skills, it is recommended they consult an Occupational Therapist. Other useful resources.