



## Fine Motor Development

### What is Fine Motor Development?

Fine motor is how we use the small muscles in our hands and fingers. It is important for young children to strengthen their fine motor skills so they can use their hands to reach, grasp, and move objects.

### Here are ways you can help your child practice fine motor skills:

- **Feeding:** *Check with your healthcare provider to see if your child is ready for solid foods.* Have your child feed themselves by using their fingers first. Show them how to use a spoon once their fine motor skills get stronger.
- **Playing:** Use different types of toys when you play with your child. Toys like playdough and building blocks help kids use their hands and their creativity.
- **Pointing:** Help your child learn to point their finger. Point to pictures in books or other things and see if your child copies you.
- **Making things work:** Show your child how to play with toys that have moving parts, such as wind up toys. Practice the motion with your child.
- **Coloring and drawing:** Using crayons, markers, or pencils helps kids get ready to write letters and numbers when they start school. These are called "pre-writing skills."
- **Getting dressed:** Let your child help when you're dressing them, such as pulling off socks or shoes, pulling on pants, or using a zipper.

**WARNING:** Young children like to put toys and objects into their mouths. Watch your child during playtime, especially when small toys or objects (including crayons and playdough) are nearby.

For more information about how United Way is supporting school readiness through healthy child development, please visit:

[unitedwaymassbay.org/DRIVE](http://unitedwaymassbay.org/DRIVE)



There are **5** main areas of development:

1. Communication
- ▶ 2. Fine Motor
3. Gross Motor
4. Social Emotional
5. Problem Solving

