

Fine Motor Skills



Signs Your Child May Need Help

- Difficulty holding or using objects such as pencils, scissors, or utensils
- Trouble fastening buttons, zipping zippers, or tying shoelaces
- Avoidance of fine motor tasks like drawing or cutting
- Difficulty with handwriting or controlling a pencil
- Challenges feeding themselves, such as using a fork or spoon

Tips To Improve Fine Motor Skills

➔ Encourage Play with Small Objects

Activity Idea

Thread a bracelet or necklace using large, colorful beads. Start with pipe cleaners for younger kids, and gradually move to yarn or string.

How It Helps

Builds hand-eye coordination and finger strength

➔ Build Hand Strength with Squeezing Activities

Activity Idea

Use a sponge to squeeze water and transfer it between containers.

How It Helps

Strengthens hand and finger muscles

➔ Incorporate Utensil Practice During Mealtime

Activity Idea

Allow your child to self-feed using a spoon or fork with foods that are easy to scoop, like mashed potatoes or oatmeal.

How It Helps

Encourages hand strength, coordination, and independence

Occupational therapy can help.

With us, your child can improve hand strength and dexterity, hand-eye coordination, and precision through play-based techniques in a caring and supportive environment.

Visit our website to learn more
miPediatricTherapy.com »



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