

FINE MOTOR DEVELOPMENT AND STRENGTH



what is fine motor skills?

Skills that include the finger and hands. Examples in children could be but not limited too are writing, cutting, opening lunch boxes, and tying shoelaces. These skills progress as your child reached their developmental milestones.



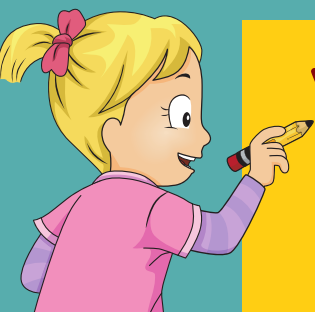
what it looks like if your child is lacking fine motor development

- Delayed manipulation of small objects such as toys, pencils and scissors
- Dependence on caregivers for every day activities such as dressing
- Difficulties learning to write name and other letters of the alphabet
- Frustration and/or avoidance of pencil based tasks
- Poor self-care skills (such as eating)
- Frustration when manipulating small toys and objects
- Low self-esteem when comparing work to peers



what we can do as parents and guardians...

Fine motor skills start at birth and progress as the child learns and grows. See the next page to see how you can help in the progress of your child's fine motor and strength development.



TOOLS TO HELP WITH FINE MOTOR FUNCTION AND STRENGTH



All included in the Sparky sensory sack!



An important skill that your child could lack with fine motor is being able to manipulate a pencil to write. Pencil grips are the perfect tool to be able to grip a desired pencil in your child's hands. These grippers help your children build the muscles in their hands to support the development of a mature pencil grasp as well as making them more confident with the process.



They can roll it, stack it, squish it, and flatten it, which are all examples of fine motor skills in action.

The development of these fine motor skills helps with coordination and even the strength of your child's hands.

Using cookie cutters in everyday life is a useful and easy skill in the kitchen. This activity is a great way for kids to use hand-eye coordination on top of their fine motor skills. These cookie-cutter stamps can be reused in a variety of different ways such as cookie cutters, stamps, organizational games, etc. Our sensory sacks will include both the blue and orange stamp activity.



Tying shoe laces is a huge fine motor developmental milestone in your child. It promotes independence and confidence as they achieve different milestones. This craft helps practice the fine motor strength that is needed for tying your shoe laces and resembles the exercise.



Continued...



We are offering modeling clay in this sack as well. Like playdoh While your kids are molding play dough into different shapes, they are actually building up strength in their tiny hands. Developing muscles used in their hands for fine motor movements are useful in the future, such as holding a pencil or using scissors.

Stress balls can overall strengthen hand and finger strength for fine motor movements in your child's everyday life, specially writing.



This sorting activity is a great way for your child to practice fine motor and organization. Using the tweezers to sort the plush balls in the silicone cupcake molds. You can also use this to sort other item in your home including things like money to introduce the concept of money organization in your child's development.

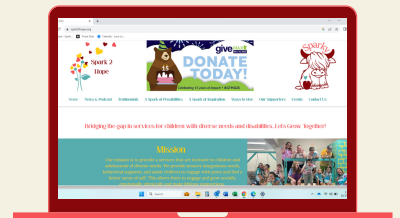


Drawing is a great way to introduce writing as a fun activity. Writing being an important fine motor skill. Crayons are included in this sack as well as coloring sheets for your child.

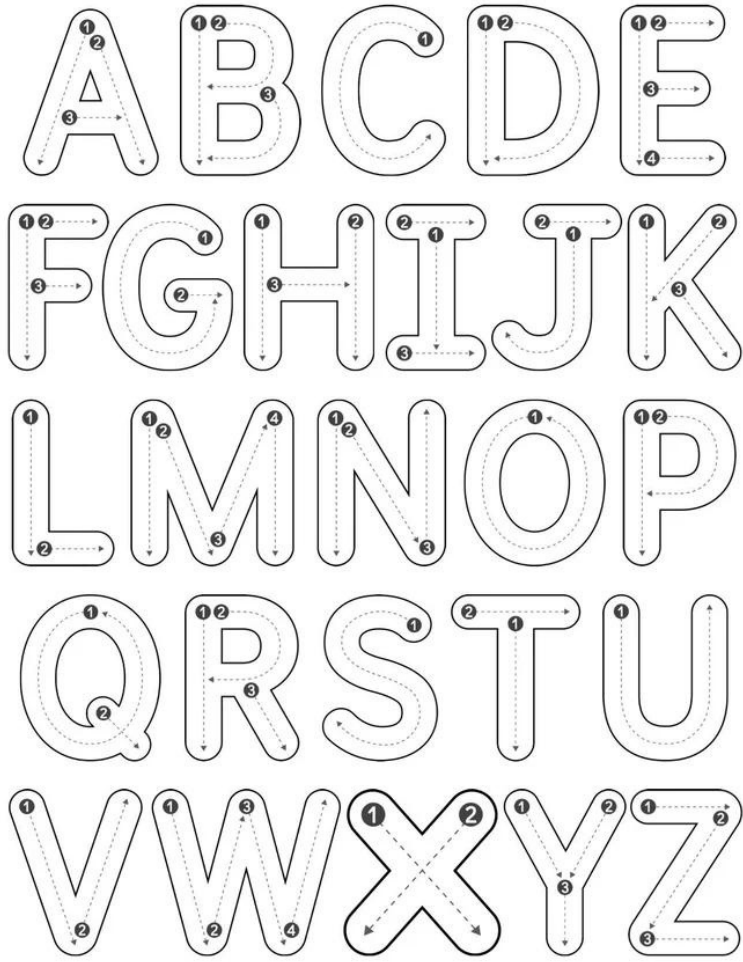


Sparky sensory sacks are available to purchase at SPark2hope.com!

Proceeds go to fund future sensory sacks for your child's development!



Dry Erase page - expo marker included



Word Search



CRAYONS SPARK FRIEND
BALL LEARN HOPE DRAW

write out your
child's name
for their
practice to
the right

