

Little Hands, Big Work

Kristin Mathis {kmathis.ot@outlook.com}

- Current Issues and Importance of Preschool for fine motor skills
- Development (Proximal-> Distal, Large-> Small)
- Strength BEFORE Precision

To remember

- As small as is safe
- 2-3 fingers as opposed to 1
- “Both hands” is best
- Kids need to play with tiny things and write really **BIG**
- Finger plays, sign language, and hand motion as to songs are great practice!

Learning Activity? ...Add a fine motor component

Fine Motor Activity? ...Add a tool!

Writing

- Necessary for writing
 - Trunk Control
 - Upper arm strength (monkey bars!)
 - Upper arm coordination
 - Differentiation (sides of the hand)
 - Web space muscle development
- Remember about writing
 - Play is more important than pencils!
 - It's a highly complex skill – break it up
 - Name – upper case, followed by lower case
 - Manuscript vs. D'Nealian

Great for developing “writing skills”

Fine motor play

Tool use

Scissors

Play doh!

Great Ways to Play w Dough/Doh!

- Rolling!
- Cutting!!!
- Making Letters
- Stamping
- Hiding things inside

Tips for Playing w Dough

- Train
- Choose a color
- Use a tray or table
- Allergies?
- Variety

Sensory Table

- Train
- Start non-messy
- Remember: the ones who need it the most will need the most positive coaching to use it correctly
- Connected to theme is best
- Still increases learning even if no connection

Special Hands

“Sensitive Hands”

“Grabby Hands”

Little Hands, Big Work

Kristin Mathis {kmathis.ot@outlook.com}

Recipes

White Mud 1 bar IVORY soap (grate or cook in microwave on microwave-safe plate for 1-2 minutes – it will expand), 1 roll toilet paper (off roll and torn into little pieces) and 1 cup warm water. Mixing it is a large part of the fun! (Happy Hooligans)

Baby Oil Cloud dough – 1 cup baby oil to 8 cups flour. Mix with whisk or pastry blender. (Happy Hooligans)

Little Kid/Safe Cloud dough 1 cup vegetable oil to 8 cups flour, oil based food coloring or powder food coloring. (Happy Hooligans)

Oobleck- 1 part water, 1.5 to 2 parts cornstarch, small amount of food coloring (optional). Mix in bowl, sensory tub or baby pool. (livescience.com)

Resources

Therapy Shoppe - <https://www.therapyshoppe.com/>

<http://shop.writeoutofthebox.com/main.sc>

<http://mamaot.com/ways-to-play-with-tongs/>

some nice reminders of easy fine motor activities

<http://www.prekinders.com/fine-motor-skills/>

dropper art - <http://www.prekinders.com/fall-fine-motor-fun-1/>

toothpick punch <http://www.prekinders.com/fall-fine-motor-fun-2/>

seeds and tweezers <http://www.prekinders.com/fall-fine-motor-fun-3/>

spooning <http://www.prekinders.com/fall-fine-motor-fun-4/>