

Objective 7 Demonstrates fine-motor strength and coordination

Strategies

- Provide a wide variety of fine-motor activities that interest and appeal to all children in the program. Include items that are easy to manipulate by hand and add more challenging activities as quickly as possible without causing frustration.
- Offer activities that strengthen infants' and toddlers' hand grasp, e.g., transferring an object from one hand to another, pulling scarves from a hole cut in a box.
- Engage children in activities that encourage them to move their fingers individually, e.g., finger plays, pointing at pictures.
- Provide activities to strengthen the hand grasp and release of toddlers and older children, e.g., using squirt bottles, medicine droppers, punching holes, using clothespins, and handling play dough.
- Include activities for toddlers and older children that support eye-hand coordination, e.g., stringing beads on pipe cleaners or laces, picking up objects with tongs or tweezers, placing various sized pegs in holes, and folding paper. Encourage kindergarten children to fold paper into halves, fourths, very small, etc. and/o to create shapes or animals.
- Include activities for twos and older children that require using two hands together, e.g., tearing paper, opening and closing containers, using wind-up toys.
- Have children watch as you demonstrate a task and describe the steps. Vary your language to accommodate different developmental levels.
- Allow plenty of time for children to explore materials and complete tasks.
- Take advantage of self-care activities (e.g., handwashing and scraping plates) throughout the day to support the development of children's fine-motor skills.
- Give simple, clear, verbal instructions and physically guide, model, or use picture cues to help children perform tasks successfully.