

# OT Services

If your child is having difficulty in any of these areas, they may benefit from Occupational Therapy services...

The following OT services are available to support fine motor skill development:

## Private OT Services:

Please contact Occupational Therapy Australia at:

[www.otaus.com.au/find-an-occupational-therapist](http://www.otaus.com.au/find-an-occupational-therapist)

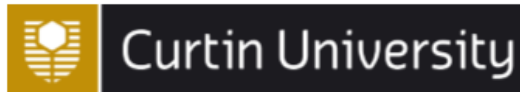
## Public access OT Services:

To locate your nearest Child Development Service, please refer to the following:

[ww2.health.wa.gov.au/About-us/Child-and-Adolescent-Health-Service/Child-and-Adolescent-Community-Health/Child-Development-Service/Contact](http://ww2.health.wa.gov.au/About-us/Child-and-Adolescent-Health-Service/Child-and-Adolescent-Community-Health/Child-Development-Service/Contact)

[childdevelopmentsservice@health.wa.gov.au](mailto:childdevelopmentsservice@health.wa.gov.au)

1300 551 827



Phone: 555-555-5555  
Fax: 555-555-5555  
Email: [smeone@example.com](mailto:smeone@example.com)

## Fine Motor Skills



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## About Fine Motor Skills

### The Occupational Therapy (OT) Role in a School Setting:

An Occupational Therapist (OTs) role is to look at a person's occupation or independence in daily life. With children, this involves assessing their development and collaborating with families and schools to improve their skills through play and activities.

### What are Fine motor skills?

Fine motor skills are the use of hands to complete every day activities. For children, fine motor skills are important to hold a pencil correctly, for grasping small objects such as Lego, cutting with scissors and buttoning up clothes.

### Why do children have difficulties?

An underdevelopment of small muscles in the hand resulting in reduced finger strength can lead to children experiencing challenges with their fine motor skills. These can result in difficulties with

- ◇ Manipulating objects such as cutlery, shoe-laces and buttons
- ◇ Hand-writing and neatness
- ◇ Opening and closing lids and containers
- ◇ Cutting and scissor use
- ◇ Turning pages of a book

### How can parents support Fine motor skill development at home?

Through ACTIVITIES! The following aim to improve individual factors that will improve overall fine motor abilities.

## Hand and Finger Strength

Hand strength is important for your children's ability to grip pencils, use scissors, to pick up items and can minimise fatigue during tasks.



Possible activities to build finger and strength are:

### 1. Playdough:

- ⇒ Have your child roll play dough into a ball, poke holes into it and hide objects in the play dough. Then have your child pinch the play dough to find the items.
- ⇒ Rolling into snakes and cutting with scissors. This could be made whimsical by saying you have to cut off the head of the snake.
- ⇒ Mould playdough to make letters, numbers or characters.



2. Using **pegs** to add spikes to a playdough dinosaur or to help mum and dad with the washing

3. **Squeezing spray bottles** to wash the car or clean windows

4. Making **sheep**: scrunch up paper and glue to make sheep's wool. Have your child finish off the picture by drawing the sheep's head, facial features and legs.

5. **Encourage independence!** Especially when open lids, do up zips and buttons. If your child needs further assistance start the task off for them but encourage them to complete it on their own.

## Hand Eye Coordination

Hand eye coordination is integration of what they see and how their hand muscles respond; for tasks such as colouring within the lines and tracing.

Possible activities to build hand eye-coordination:



1. **Balloon Tennis:** glue a cylinder or pop stick to a paper plate or use fly swats to create a racket. Then use a balloon as a ball to play balloon tennis. This is great for siblings.

2. **Suspended ball activities:** use a racket to hit a tennis ball, ping pong ball etc which is attached to a string.

3. Using **tweezers or tongs to put small objects such as pom poms in empty water bottles or containers** whilst matching the colours. This is also great to develop perceptual skills.

