



# Wee Learn



## Wee Learners(4 - 5 years): Six Benefits of Fine Motor Skills

Fine Motor Skills are developing and strengthening from the beginning of life. It is the requirement of using the small muscles in fingers, hands, and forearms. It is an essential part of growth and development in a child.

### Here are 6 important things a child learns when developing fine motor skills:

1. It helps children perform crucial tasks like reaching, grasping, and moving objects. We all want to have the ability to control and manipulate things and objects in our environment. Without fine motor skills, we could not do simple things like button or zip a jacket, turning pages in a book, etc.
2. Through fine motor skill development, children learn to use tools like crayons, chalk, pencils, and scissors. As adults, we would not be able to cut our food, draw or paint.
3. Hand-eye coordination improves as fine motor skills improve. Without hand-eye coordination, we would not be able to sew, drive a car, wash our hair, drink from a cup, etc.
4. Fine motor skills help children learn and develop handwriting and drawing skills. An extremely important part of schoolwork involves these two tasks. Think of the tracing letter sheets used in pre-schools and kindergarten; they help hone in on those small muscles!
5. Children become more independent and understand how their bodies work. They can start bathing themselves, wiping their bottom when going to the bathroom and washing their hands well. They understand that picking up a pencil and holding it properly helps them have better strokes when writing a story or captioning their latest drawing. They can manipulate the way a scissor cuts paper by turning their hand or wrist a certain way.
6. As children develop their fine-motor skills, their self-esteem grows too. They learn how to have an impact on the world around them. Building confidence and self-esteem can help them realize the influence they can have in society. If we are patient and provide the environment they need to work on these skills, our kids will blossom to the best they can be!

### Here are 3 activities you can do with your child to help them develop their fine-motor skills:

1. Bring out the Play-Doh! If you do not have play-doh in your home, you can buy it or be crafty and make homemade play-doh with your children.
2. Finger Painting! What a fun task and it is perfect for children. They learn to manipulate paint using their fingers, build strength, and have fun all at the same time.
3. Coloring with small crayons, chalk and pencils. Just grab some paper, break up crayons/chalk in half and let them have at it. Making kids use smaller utensils helps them to develop a proper pencil grip.

Source: <https://bit.ly/3kkq7QT>

