



## Prewriting and Fine Motor Development

	<b>Prewriting, Handwriting, and Grasp Pattern</b>	<b>Fine Motor Activities</b>
<b>3 months</b>		Swipes and grasps at objects
<b>6 months</b>	Radial palmar and palmar grasp-using thumb and whole hand to grasp.	Reaching for midline and using both hands together.
<b>9 months</b>		Raking objects, and carrying items.
<b>12 to 18 months</b>	Scribbling Using pincer grasp to pick up small objects, and palmar supinate with handwriting.	Stacks 2-4 blocks, moves objects hand to hand, uses fingers to self-feed.
<b>2 years</b>	Tracing lines and shapes Copying vertical lines Digital pronate grasp	Makes small snips or straight lines with scissors, stringing large beads, and using tools-fork, spoon, toothbrush, or with toy play.
<b>3 years</b>	Copying intersecting lines, and coloring within the lines. Static tripod grasp	Able to complete puzzles, building with blocks, and stringing items.
<b>4 years</b>	Copies simple shapes, diagonal lines, and letters. Dynamic tripod grasp	Cutting simple shapes with scissors
<b>5 years</b>	Copies letters, small words, complex shapes, numbers, and name.	Completing board games, can throw a ball under-and over-handed
<b>6 years</b>	Copies letters, small words, complex shapes, numbers, and name.	Cuts complex shapes with scissors and able to tie shoes.

## **Important factors to development:**

- Reflexes-must be integrated before proper fine motor development can occur.
- Muscle tone- helps stability of the hand and influences hand usage.
- Wrist stability-helps with sustaining grasp, development of grasp patterns, and assist in accuracy for reaching.
- Palmar arches- the muscles in the hand create the transverse and longitudinal arches to help with rounding the palm for holding objects, picking up objects, and manipulating fingers.

Muscle tone, wrist stability, and palmar arches must all work together for age-appropriate fine motor skills to help with handwriting and everyday tasks. During therapy we work with toys and exercises that will help target these areas. You can continue working on these skills at home with basic games and exercises to help carryover these skills and help your child master them even faster.

- Weightbearing through the wrist and hands such as crawling
- Reaching, grasping, and holding objects during play.
- Rolling objects like dice, and play doh
- Use resistance materials like play doh and theraputty to build items.
- Pinching objects during play, such as a piggy bank with coins, and peg puzzles.
- Using objects as tools, such as pretend fishing pole, playing doctor, placing clothespins, or brushing teeth or hair on a toy.