

Jump Ahead-Fine Motor Skills



Description:

Jump Ahead helps to develop children's fine motor skills. Fine motor skills involve the use of the smaller muscle of the hands, such as when doing up buttons, opening lunch boxes or using pencils or scissors. Fine motor skill efficiency significantly influences the quality of the task outcome as well as the speed of task performance.

Fine motor skills are essential for performing everyday skills like self-care tasks (e.g. clothing fastenings, opening lunch boxes, cleaning teeth, using cutlery) and academic skills (e.g. pencil skills of drawing, writing and colouring, as well as cutting). Without the ability to complete these everyday tasks, a child's self-esteem can suffer and their academic progress may slow down.

Intended Outcomes:

- Improve your child's ability in, and persistence with, fine motor tasks that are required for learning, play and life skills.
- Improve outcomes in... colouring, drawing, writing and cutting skills.
- Help your child to develop age appropriate mastery of self-care tasks, such as doing up buttons and zips, opening lunch boxes, tying shoelaces.
- Preventing children from becoming disengaged in an academic environment due to difficulties completing fine motor activities (e.g. writing, cutting, drawing).
- Help to maintain and develop a positive sense of wellbeing that is related to school confidence as well as fine motor play skills with peers.
- Ensure that your child does not fall further behind their peers in development of handwriting and that this gap begins to close.

What can you do to help?

Play...

- **Threading and lacing:** with a variety of sized laces and beads.
- **Tongs or teabag squeezers:** to pick up objects (e.g. put marbles down a marble maze).
- **Manipulation games:** such as 'Pick up Sticks' and 'Connect 4'.
- **Playdough:** Using the fingers, not the hands as whole; working with the Playdough up in the air, not flat on the table.
- **Construction:** that requires pushing and pulling with fingers (e.g. 'Mobilo', 'K'nex' or 'Lego').
- **Storing construction materials** in jars with screw lids that need to be opened and closed as the materials are needed and when packed away.
- **Craft:** Make things using old boxes, egg cartons, wool, paper and sticky or masking tape.