

FINE MOTOR DEVELOPMENT

THE GRASP A STUDENT WILL USE DEPENDS ON SEVERAL FACTORS, INCLUDING THE SIZE AND CHARACTERISTICS OF AN OBJECT, THE FUNCTION OF THE OBJECT, THE INTENDED USE OF THE OBJECT AND THE STUDENT'S STAGE OF HAND MOTOR DEVELOPMENT.

HAND SKILLS:

ADEQUATE HAND DEVELOPMENT IS A PREREQUISITE TO MATURE GRASP PATTERNS FOR MANIPULATION OF CLASSROOM TOOLS.

- ▶ WRIST STABILIZATION, ARCH DEVELOPMENT, THUMB STABILITY, DEVELOPMENT OF HAND MUSCULATURE.
- ▶ SEPARATION OF TWO SIDES OF HAND.
 - "POWER SIDE"- RING AND LITTLE FINGER AND PALM BELOW.
 - "PRECISION SIDE" - THUMB, INDEX, MIDDLE FINGERS.
- ▶ DOMINANCE
 - GENERALLY DISPLAYED BY AGE 4 OR 5 YEARS.

GRASP PATTERNS:

HAND FUNCTION BEGINS WITH NONHOLDING GRASPS, PROGRESSING TO HOLDING GRASPS AND THEN TO MANIPULATIVE GRASPS. GRASPS CAN BE FOR HOLDING AN OBJECT (PREHENSION) OR MOVING AN OBJECT (PRECISION HANDLING). TOOL GRASPS DEVELOP WITH THE HOLDING AND MANIPULATIVE GRASPS.

- ▶ DYNAMIC TRIPOD GRASP
 - MATURE GRASP ON WRITING TOOL GENERALLY DISPLAYED BY KINDERGARTEN AGE.
- ▶ PINCH GRASP
 - MATURE GRASP TO MANIPULATE SMALL OBJECTS.



HELPFUL CLASSROOM ACTIVITIES:

TRY THESE FUN ACTIVITIES TO HELP DEVELOP STUDENT'S HAND SKILLS!!!!

- ▶ RESISTIVE MATERIALS
 - PLAYDOUGH, CLAY, SQUEEZE BALLS, HOLE PUNCH, STAPLER, SQUEEZE PAINT OR GLUE, TWEEZERS, SQUIRTBOTTLES OR CLOTHSPINS.
 - TEARING AND CRUMBLING PAPER, PUSH PULL ACTIVITIES, COLORING ACTIVITIES ON STOMACH OR IN VERTICAL (ON EASAL, CHALK BOARD, ON WALL)

IF YOU HAVE ANY OTHER QUESTIONS PLEASE FEEL FREE TO CONTACT YOUR SCHOOLS OT DEPT.

SENSORY ACTIVITIES TO SUPPORT SCHOOL PERFORMANCE

Children need to organize their behavior for different situations and tasks in order to be successful in school. They must be able to adjust their level of alertness from the classroom environment to the active alertness of the playground. Sustained seating, handwriting and transitioning offers a wide range of motor challenges. The classroom environment presents a number of visual motor challenges from scanning the environment, reading, writing, and copying from the board to more gross motor and coordination tasks. Children with sensorimotor disorders often have difficulty with focusing on tasks at hand, which often require the need for verbal cues. These children may focus their attention on the wrong sensory information, such as a noise in the hall or a distraction on their desk. The following are suggestions to help increase focus and attention.

- ◆ Blowing, sucking, chewing, and crunching are all activities that provide sensorimotor input to help maintain good postural support for hand activity and visual, auditory and postural attention to task. Drinking from water bottles at their desk provides extra sensory input to the mouth and hands which can help organize behaviors.
- ◆ Bouncing on a ball, rocking in a rocking chair or lying on their stomach over an inner tube/bolster provides the kind of sensory input to the respiratory system that allows increased attending behaviors.
- ◆ Sitting on a baffled camping pillow filled with a small amount of air, allows for movement while doing seated tasks without leaving the desk.
- ◆ A reading corner with a bean bag chair makes a wonderful place to escape from too much stimulation to help get ready for more focused desk work.
- ◆ Allow students to manipulate non-distracting objects like flour filled balloons with their hands.
- ◆ Create a transition activity for the whole class to focus their attention on, especially after gym or recess.
- ◆ Try hand signals to alert children to pay attention.
- ◆ Use close proximity and touch to teach the child to identify and focus on whoever is speaking.

Remember never discipline a “sensory seeker” by taking away recess privileges. You may intensify the random movements, fidgeting and outbursts.

THREE P'S OF HANDWRITING

POSTURE

PENCIL

- PINGH & REST
- PLACEMENT
- EXERCISES
- MONK'S GRASP

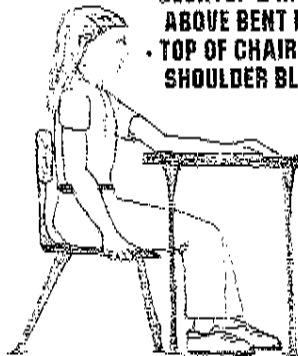


DYNAMIC TRIPOD GRASP



MONK'S GRASP

- FEET ON THE FLOOR
- KNEES & HIPS AT 90°
- DESKTOP 2 INCHES ABOVE BENT ELBOW
- TOP OF CHAIR BELOW SHOULDER BLADES



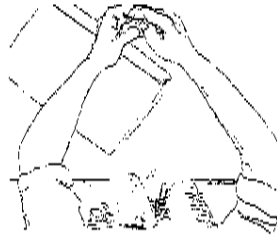
"THUMBS UP POSITION"

PAPER

- ALIGN WITH WRITING ARM
- STEADY WITH NON-WRITING HAND



RIGHT-HANDED POSITION



LEFT-HANDED POSITION

TRICS
For Written
Communication

COPYRIGHT © 1998
No part of this publication
may be reproduced for
distribution. Only persons
purchasing this product
have the author's limited
permission to photocopy
worksheets for a
student's educational
programming.

Figure 80.