

# Fine motor skills....

## What are they and why are they important for a child's healthy development?

### What are fine motor skills?

- Hand and finger strength
- Hand preference/dominance
- Bilateral coordination (using two hands together)
- Visual motor integration (hand/eye coordination)
- Cutting, drawing and writing skills
- Object and pencil grasp

### Why are they important for a child's healthy development?

Holding and manipulating objects using hand muscles allows children to participate in play, self-care and school-based tasks.

**These are crucial for academic, social and emotional development.**

### Seeking support early

The first years of life are critical for learning new skills. Seeking help early helps to reduce the risks of poor academic, social and long-term employment outcomes.

**Early referral to Occupational Therapy will provide the best support for children identified with delay in fine motor skills.**

### Where to find help

You can discuss any concerns about your child's fine motor skills with:

- **Your local Child & Family Health Nurse**
- **Your Doctor**
- **Your local Community Health Centre**



### Important points to remember

- **You know your child best, if you think something is wrong, seek help**
- **Seeking help early is best but it is never too late to ask for help**
- **Take this handout to your Doctor to help discuss your concerns**
- **Remember you can get a second opinion if you feel your concerns are not being addressed**

This resource has been developed by the 'Stronger Seeds Taller Trees' project. General Practitioners can access further information about this initiative by visiting the South Western Sydney Primary Health Network (PHN) online GP Newsletter.

[South Western Sydney Primary Health Network \(swsphn.com.au\)](https://www.swsphn.com.au)



**STRONGER SEEDS, TALLER TREES**  
Increasing early supports to improve child outcomes

Insert your contact details here