

# Online Fine Motor Skills Programme



## What are fine motor skills?

Fine motor skills are all of the small movements our hands and fingers make when completing fine motor activities. Doing up buttons, squeezing toothpaste onto a tooth brush, cutting with scissors, and handwriting are examples of fine motor activities. In fact, any activity that you do with your hands and fingers relies on your fine motor skills.

Some children have poorly developed or delayed fine motor skills. These are the children that our fine motor skill programmes are designed for. Typically, these children are less successful when doing fine motor activities. Often, they avoid activities such as drawing, cutting, craft, and using a knife and fork as they are harder for them to do. Their pencil grasp and handwriting can also be affected. They are the children who ask for extra help with selfcare activities, such as dressing, buttons, and shoelaces. In addition, they might be less accurate, slower and clumsier with fine motor activities compared to other children their age.

At GriffinOT we understand that educators and parents want to help their children as much possible. As children's occupational therapists focus on function and participation, they are uniquely placed to help educators and parents support their children in a variety of ways. This includes assisting the development of fine motor skills. We know that access to occupational therapy services is, unfortunately, often limited in the UK. This means that teaching staff and parents are trying to support children who have delays in their fine motor skills with reduced occupational therapy support.

## What is the GriffinOT Fine Motor Skills Programme?

Our Fine Motor Skills Programme (FMSP) is a set of over 150 activities designed to help children from the age of one and a half improve their fine motor skills.

The online programme is divided into six sections. There are four sections designed to specifically target fine motor skills. One which helps children to improve their pencil grasp and another which focuses on scissor skills. There is an easy questionnaire to help adults identify where a child should start, so that they can support them in the way best suited to their individual needs.

We have created the programme for teaching staff and parents, specifically to teach them how to support children who have immature or delayed fine motor skills. It has been developed by children's occupational therapist Kim Griffin. Kim has over 15 years of experience working in schools and with families. She is passionate about ensuring all children have easy access to affordable advice from occupational therapists.

Whilst we wholeheartedly believe that direct occupational therapy intervention is best practice, we are aware that in many cases there is limited access to children's occupational therapists. We hope that our online programmes can provide an adjunct to direct therapy.



## Why is the GriffinOT Fine Motor Programme different?

Our online, video-based programme is unique. It has been thoughtfully designed and tested by experts to provide adults with easy to understand knowledge about how fine motor skills develop. Providing both educational and instructional videos for each activity, it 'shows' adults how to do each activity correctly and how to spot errors children may make.

As well as showing, rather than just telling, another unique aspect of our fine motor skills programme is that it can be tailored to the ability of each individual child. Each activity has an expected target. This allows the adult to move a child onto a new activity once they are successful. Thereby, supporting the adult to change the child's programme as their skills improve. It also means that if a child needs to spend longer on a particular activity to be successful with it, they can.

## What's included?

### Each section includes:

- Information on how to run the programme with individuals, small groups or a
- Educational videos describing the fine motor skills being targeting
- A minimum of 30 activities, which are developmentally sequenced
- Assessment and record sheets for individuals and groups.

### Each activity includes:

- A specific target that the child is working towards
- A video demonstration of how to do the activity
- Advice on how to ensure the child is completing the activity correctly
- Tips on how to make the activity easier and harder
- An instruction sheet with space to document the child's progress
- Worksheets where required

Our programme is not only designed to provide excellent support but also to be accessibly priced too. You can enrol for a **free sample** of the programme on our website to see how GriffinOT's approach could support you working with children you want to help develop fine motor skills.

## Are there any children who may not be able to access the programme?

The programme is not specifically designed for children who have an identified neurological condition, such as cerebral palsy, causing their fine motor skill difficulties.

However, it could be used with these children, providing adults understand that they may not be able to complete all activities and their progress may be slower. These children would also benefit from extra support from an occupational therapist, even if they are accessing the programme.



## What are the different sections of the Fine Motor Skill Development Programme?

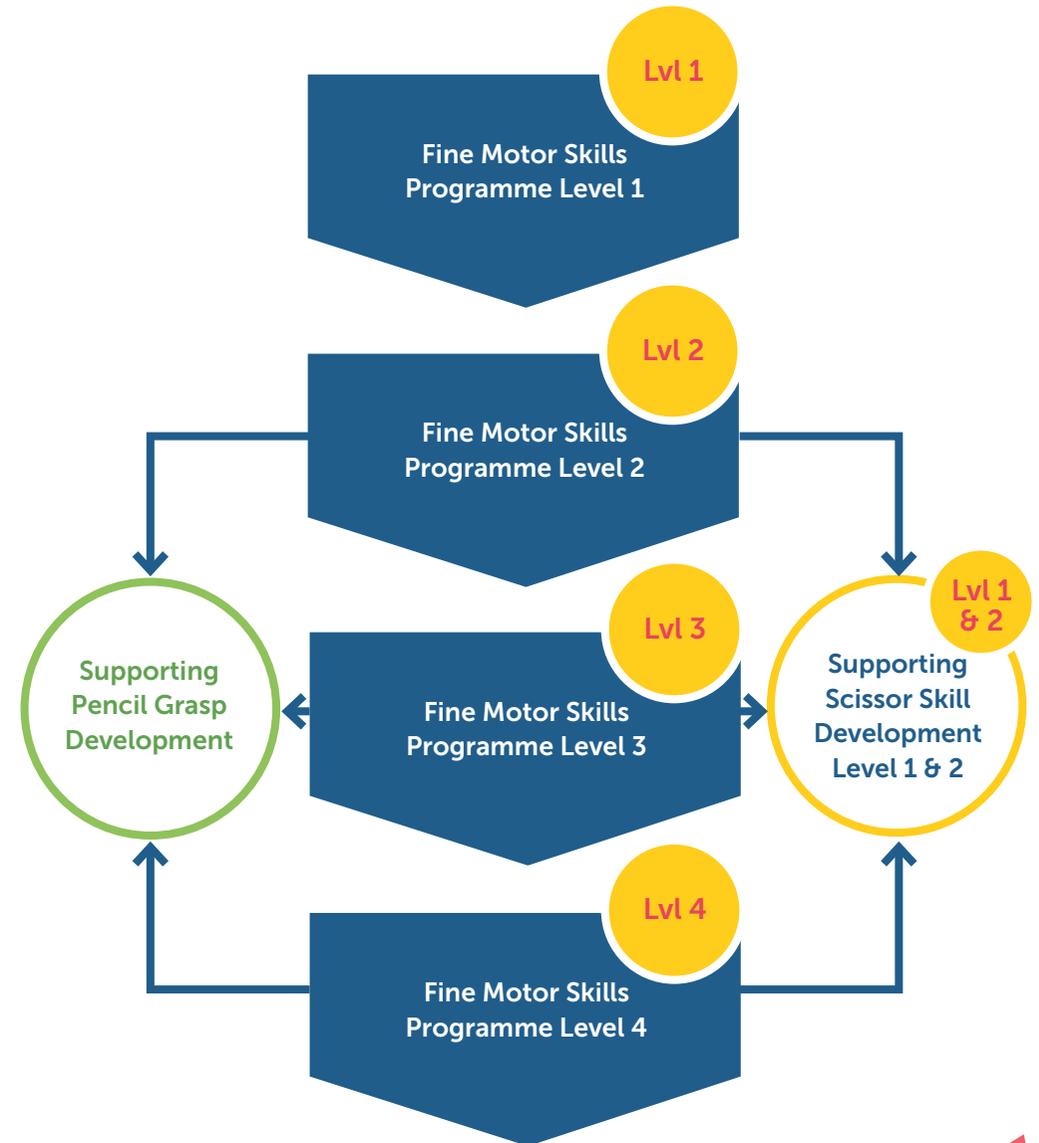
The programme is broken into six sections. There are four developmental levels which focus on general fine motor skills. These support the development of fine motor skills such as finger and hand control, using both hands together, hand strength and accuracy.

In addition, there are two supplementary sections. These are the 'Supporting Pencil Grasp Development' programme and 'Supporting Scissor Skill Development' programme. They have been carefully designed to help children that may need a bit more support with their pencil grasp or scissor skills. We recommend that children are able to complete the activities in Level 1 and 2 of the Fine Motor Skills Programme before moving onto these sections.

Then, depending on the child's need, they could continue with fine motor activities, or focus more specifically on pencil grasp or scissor skills. The pencil grasp and scissor skill programmes also can also be delivered as a standalone programme when this is needed.



## Fine Motor Skill Development Programme Structure





## How much does the programme cost?

### Schools

**The standard annual subscription to the programme for one school is £225.** This includes accounts for five staff members and access to all sections of the programme. There are larger packages available for bigger schools and academies. Please email us at [Training@GriffinOT.com](mailto:Training@GriffinOT.com) if you require an invoice or more information.

### Parents

**In addition, there is an option for parents to purchase six months access to individual sections of the programme for £24.**

For further details on pricing please see our website [www.GriffinOT.com](http://www.GriffinOT.com)



*The lack of affordable access to occupational therapy provision for children within the UK is what has motivated me to create the GriffinOT online therapy resources. My hope is that our resources will give teaching staff and parents the resources they need to support their children more effectively."*

**Kim Griffin**  
Founder GriffinOT

## How do I know where to start?

**The programme is designed for children from age 18 months to 12 years old, but it is also suitable for older children who have developmental delays.**

Each section is developmentally harder than the previous. However, as each child learns and develops skills at different ages, there is not a recommended age for the different sections. Instead, it is expected that children will progress through the levels at their own pace.

On the next page you will find an easy questionnaire designed to help you know which level a child should start at. It includes a number of different skills. The more skills the child is able to do, the further on in the programme the child can start. Older children might be able to start at the Supporting Pencil Grasp Programme or at Level 3, it just depends on their current skill level. It is not a race. We have designed the programmes so that each child can progress at their own pace.



# GriffinOT Fine Motor Skill Development Programme

## Choosing the right level for your child

At GriffinOT we know that parents and educators want to help children as much as they can. We also know that if children are given activities that are too difficult, they won't be able to do their best. This chart has been developed to help adults decide the best starting point in our programmes for each child.

Please begin in section A and go through the questions in order. Before moving to the next section you must be able to answer 'YES' for all of the questions the current section. If you think 'sometimes,' or 'maybe,' rather than 'YES' for any question, please treat that as a 'NO.' Starting at the right level for a child is the best way to help improve their skills and confidence.

If you aren't sure what some of the questions mean, please visit our website [GriffinOT.com/FMSP](http://GriffinOT.com/FMSP). Here you will find a video demonstration for most activities. We have not included demonstrations for personal independence skills.

**Remember, there are videos demonstrating the activities marked with an asterisk \* on our website.**



### Begin here:

- 1 Is the child 18 months old?**  Y  
Or, if the child has developmental delays or was more than 8 weeks premature, are they at a cognitive age of 18 months?
- 2 Can the child sit up independently?**  Y  
For children with neurological conditions, such as cerebral palsy, the programme may be suitable if they are able to sit upright in supported seating and provided they have independent control over their arms and hands.
- 3 Can the child easily pick up a 2x2 square Duplo brick?**  Y
- 4 Can the child independently drop a 2x2 square Duplo brick into a container?**  Y
- 5 Is the child showing an interest in fine motor activities?**  Y

For example, are they trying to scribble with a marker? Do they interact with cause and effect toys? Do they join in with messy play activities, like sand and water play?

**If the answer to any of these questions is NO, then the programmes will be too challenging for the child.**

Nevertheless, the GriffinOT website provides play ideas that will help to prepare the child for Level 1 of the programme. It is recommended that children continue with these activities until they can easily complete the above skills.

**If the answer to questions 1-5 was YES, please move on to question 6 in section B.**

A

B

- 6 Can the child stack three wooden 2cm cubes?**  Y
- 7 Can the child twist a large nut and bolt, or screw cap bottle at least two turns?**  Y
- 8 Can the child put two pieces of Duplo together?**  Y
- 9 Can the child thread a large (2cm) bead onto a string?**  Y
- 10 Can the child pull up and down the zipper on their coat and/or trousers/shorts?**  Y

**If answered 'No' to one of these we recommend starting at Level 1. If all 'Yes' continue to section C.**

C

- 11 Can the child trace around their own hand using a marker?**  Y
- 12 Can the child thread ten small (½ cm) beads?**  Y
- 13 Can the child fold a piece of paper in half, using their index finger to press the fold?\***  Y
- 14 Can the child cut a piece of 10cm wide card/paper in half?**  Y
- 15 Can the child pour themselves a drink without spilling?**  Y

**If answered 'No' to one of these we recommend starting at Level 2. If all 'Yes' continue to section D.**

## YOU NOW HAVE 3 OPTIONS

1

Do you want to focus on improving the child's pencil grasp?

Supporting Pencil Grasp Development

2

Do you want to continue with general fine motor skills?

- 16 Can the child translate five items from their finger to their palm on both hands?
- 17 Can the child lace a card using running stitch?
- 18 Can the child open and close large buttons (e.g. on a coat or cardigan)?
- 19 Can the child butter bread to make a sandwich with verbal prompting only?
- 20 Can the child cut up soft food (e.g. sausage, potato) using their knife and fork together, with their index finger positioned on the top of the fork?

If answered 'No' to any of these we recommend starting at Level 3.  
If all 'Yes' continue.

- 21 Can the child translate five items from their palm to their fingers on both hands?
- 22 Can the child fold a small origami pattern with at least four folds accurately (e.g. paper plane)?
- 23 Can the child sew together a small craft item (with help to tie and cut off only)?
- 24 Can the child deal and fan out playing cards for card games?
- 25 Can the child do up small buttons (e.g. on their school shirt)?

If answered 'No' to one of these we recommend starting at Level 4.  
If all 'Yes' read below.

Our programmes will be too simple for your child and we would not recommend them. You can visit our website for further ideas on developing fine motor skills, but it is likely your child doesn't need extra support with developing their fine motor skills.

3

Do you want to focus on the child's scissor skills?

Using regular scissors:

Can the child cut along 10cm long 0.5cm wide line cut?

Can the child cut out a circle staying on a 1cm wide line?

Do they show a good interest in cutting with scissors?

If answered 'No' to any of these we recommend starting at Level 1 Scissor Skills.

If all 'Yes' start at Level 2 Scissor Skills.

---

## Our other resources

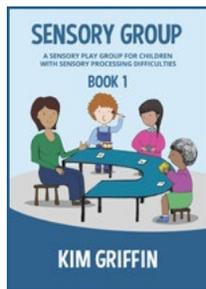
### Sensory Processing: What's the Fuss?

#### Online Now £36

The online course, 'Sensory Processing – What's the Fuss?' provides an introduction to Sensory Processing Disorder (SPD) for parents and teachers. The course covers the seven senses, the elements of SPD and how to help to support children or adults that have sensory processing challenges. It includes 4.5 hours of video and additional resources to support learning. Like all of our products, the course aims to teach you not just what to do but how to use sensory strategies correctly and safely.

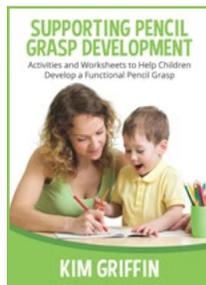


For those not ready to commit to the full course, we have free course 'Introduction to SPD' which would be a good starting point.



### Sensory Group Book 1 Available Now £18.99

Sensory Group Book 1 is a 12-24 week programme for children who need extra support to engage in sensory-based play. This includes children who avoid messy textures or noisy toys and children who just might not notice sensory-play opportunities. The group aims to target not only sensory sensitivity and avoidance, but also joint attention and turn taking.



### Supporting Pencil Grasp Development Book £12.99 and Online £24.00 Available Now

Supporting Pencil Grasp Development is a programme designed by occupational therapist Kim Griffin to help to develop a child's pencil grasp and pencil control. There are activities and worksheets you can do to help develop and improve a child's pencil grasp in as little as five minutes a day. It is an excellent resource to use with children who have an awkward or immature pencil grasp.

---

## Coming soon

### Developing Children's Scissor Skills – Coming early 2020

Scissor Skill Development is part of GriffinOT's fine motor skill programme. Just like Supporting Pencil Grasp Development, there will be step by step activities to help to improve a child's ability to use scissors. There will be activities and worksheets within the book and other tips to help children to be successful with their scissor skills.

### Gross Motor Skills – Coming in 2021

To complement and support our fine motor skill development programme, GriffinOT plans to release a gross motor skill development programme in 2021. Join our mailing list, or follow us on social media, to be the first to hear when this is available.

---

## Thank you for your interest and we hope you find our resources helpful.

You can find out more about all of our resources on our website  
[www.GriffinOT.com](http://www.GriffinOT.com)

Facebook: [@GriffinSensoryOT](https://www.facebook.com/GriffinOccupationalTherapy)

Twitter: [@Griffin\\_OT](https://twitter.com/Griffin_OT)

Mailing List: [www.griffinot.com/mailling-list-sign-up/](http://www.griffinot.com/mailling-list-sign-up/)

Email: [Training@GriffinOT.com](mailto:Training@GriffinOT.com)

Website: [www.GriffinOT.com](http://www.GriffinOT.com)

