

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 watch the videos that follow. We have not included demonstrations for personal independence skills.

If you are not currently in the in the 'Where to do I start?' course, please visit our website www.GriffinOT.com/FMSP. Here you will find more information.

Remember, there are videos demonstrating the activities marked with an asterisk*.



A

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.

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? (the edges don't need to be aligned)** 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 to 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.