

Objective 7

Demonstrates fine-motor strength and coordination

a. Uses fingers and hands

Related Objectives: 1c, 2a, 3b, 8b, 11b, 11c, 28, 29

What You Do

1. Demonstrate a task for children by saying, “You help me and I’ll help you.”

“Mariah, you can help me zip up my jacket and I’ll help you zip up yours. Here, I’ve started it for you. Can you pull it up for me? Zzzziipp! All the way up!”

Personal care tasks such as zipping up jackets and wiping faces can be difficult for children to practice on their own bodies because they can’t easily see what it is they’re doing. Some tasks are better practiced when a child can clearly see and use both hands.

- **Use this activity to support children when they are frustrated with a task.**
“Oh, Michael, it can be frustrating to get your boots on. You can help hold my boot still for me while I slip it on and I’ll hold your boots still for you so they’re easier to get on. Thank you so much for your help! Now it’s my turn to help you.”
- **Consider using an activity board with zippers, snaps, and big buttons to continue practicing the skill.**