



Fine Motor Skills in Children with Down Syndrome: A Guide for Parents and Professionals (Topics in Down Syndrome)

Maryanne Bruni

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The popular book, **Fine Motor Skills for Children with Down Syndrome** is now available in an expanded new edition. Written by an occupational therapist who has worked extensively with children with Down syndrome, and is also the mother a teenager with Down syndrome, this book explains the best practices and procedures for helping children master daily living skills for home, school, and an independent future.

The author presents a thorough overview of the building blocks of fine motor development and how the characteristics of Down syndrome can impact the acquisition and progression of fine motor skills.

She also explains the building blocks of fine motor development: Stability

Bilateral coordination

Sensation

Dexterity

Early arm and hand control

And covers important daily living skills for home and school: Dressing & grooming

Eating & drinking

Cutting

Grasping a pencil

Preprinting skills

Drawing

Printing

Cursive handwriting

There are instructions for dozens of easy home- and school-based activities, which help children gradually overcome delays and learn the fine motor skills mentioned above. The author suggests ways for parents to incorporate these exercises into as many day-to-day activities as possible, recognizing how impractical it is to constantly be in "therapy" mode with a child.

New material includes a chapter on problems with sensory processing for those who are over- or under-responsive to touch, or have unexpected reactions to sound, pain, or other sensations. Being aware of these sensitivities can open pathways to better behavior and responsiveness to therapy. Also new is information about a critical developmental step--determining when a child is ready for preprinting activities. These and many other additions make this the most up-to-date, comprehensive resource on fine motor development for children with Down syndrome.

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