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## **A Play-Based, Fine Motor Program and its' Effect on Functional Development in Preschool Children**

Amy Propst

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Forbes, 2022

# A Play-Based, Fine-Motor Program and its' effect on Functional Development in Preschool Children

Amy Propst, B.S.

Faculty Mentor: Tania Rosa, OTD, OTR/L Site Mentor: Delia Hall, Director



Source: Delia Hall, Personal Communication, December 5<sup>th</sup>, 2022

## Abstract

Occupational therapists emphasize the occupation of play when working with the pediatric population. When combined with activities that engage fine-motor movements, there is potential for a positive effect on functional development. The purpose of this scoping review was to examine the current literature surrounding play-based, fine-motor centered programs for preschool aged children, and its' functional impact.



Clipart Library, 2021

## Purpose

- Examine literature for play-based interventions
- Examine literature for fine-motor interventions
- Examine literature that combines the two into one study
- Determine what functional outcomes are measured

## Methods

**Databases Searched:** PubMed, Academic Search Complete (EBSCO), Taylor & Francis online database, & ERIC

**Search Engine:** Google Scholar

**Online Journal:** *American Journal of Occupational Therapy*

## Search String

(preschoolers) AND ("fine motor development" OR "fine motor activities" OR play-based therapy) AND "occupational therapy" AND ("functional performance" OR "classroom performance" OR "functional development" OR "academic performance") NOT "parenting"

## Inclusion Criteria

- 1)Published within the last five years (2017-present)
- 2)Published in English

*\*One exception was made in the screening process due to content within the article\**

## Results

### Setting

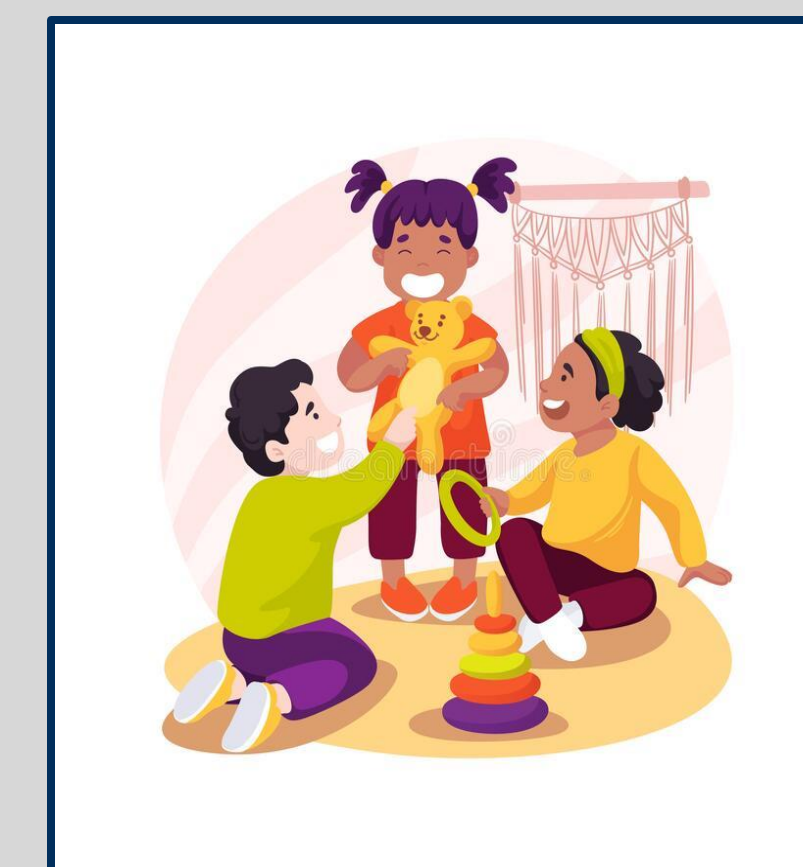
- In the classroom
- Outdoors

### Motor Skill Development

- Handwriting
- Scissor skills
- Grip patterns
- Executive function

### Play Skills

- Social play
- Pretend play
- Outdoor play



Dreams Times, 2022

### Collaboration

- Student success
- Development
- Classroom engagement



Getty Images, 2021

## Conclusions

- There is a connection between play-based OT programs, fine-motor interventions, and functional development in preschool children.
- Teamwork and communication with classroom teacher drive outcomes
- Play and fine motor interventions support kindergarten readiness
- Interventions completed in school day support outcomes

## Proposed Project

Explore the effects of a combined program on functional development

## Next Steps

- Continued meetings with site and faculty mentors
- Develop site specific learning outcomes
- Submit for JWU IRB approval
- Exploring RIELDs website
- Program planning and development

## Occupational Therapy Implications

- Combing play and fine-motor skills in one program
- Putting the 'Fun' in 'Functional' is key
- Potential growth and research opportunities in the field

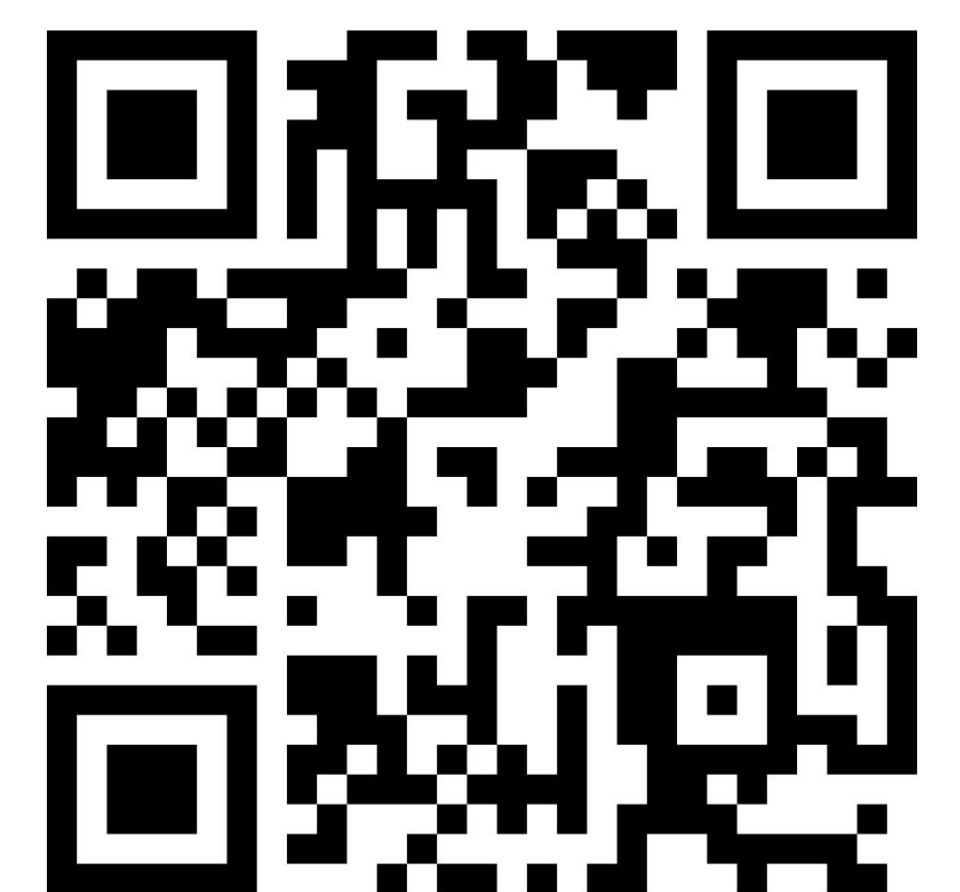
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Please scan for references