Why fine motor skillss fall apart even when your child is trying.

THREE IDEAS TO KEEP IN MIND

01 CAN DO does not mean EASY TO DO

Completing something does not tell us how much effort, time or concentration it took.

02 ONCE does not mean EVERY TIME

A child may manage a task in one situation and struggle when tired, distracted or facing different demands.

03 PRACTICE does not mean AUTOMATIC PROGRESS

Repeating an activity can build experience, but it does not always make the movement easier or more efficient.

MY REFLECTION

Think about your child's everyday experiences. There are no right or wrong answers.

1. An everyday hand task my child can do, but seems to work hard at:

For example, play, dressing, lunch or a school activity.

2. What I have noticed about effort or consistency:

Does the task seem tiring, slow or different at certain times?

3. What will I remember when my child is trying hard but struggling:

A FINAL REMINDER

A child can genuinely try their best and still find a familiar task difficult. If difficulties persist or affect everyday participation, individual advice may help clarify what is happening.