

Fine motor skills



Fine motor skills frequently used in everyday life for getting dressed, opening packets, eating and playing. Fine motor skills allow co-ordinated and precise movements of the hands. The following activities will allow your child to develop their fine motor skills. These activities are usually best achieved when your child is in a stable seated position with elbows leaning on a table or armrests. Your child can also carry out activities that put weight through their arms in order to strengthen and stabilise them, e.g. lying on their tummy and resting on their elbows for playing, drawing or watching TV.

Helpful strategies

- Place child's hand in required position if child is unable to copy.
- Talk about the positions of fingers and hands as you are using them.
- Use heavy and solid pieces to provide weight for improved control, avoid light toys initially.
- Work at a level within the child's frustration limit so the child will stay at the activity.
- Encourage activities requiring hand manipulation.
- Help stabilise an object while the child completes the task.



Activities

- **Threading** - macaroni, cut-up straws, beads.
- **Wrapping** - Wrapping an object with paper, sellotape and string.
- **Pipe Cleaner models** – twisting and shaping
- **Craft** - Activities that require colouring, cutting & assembling e.g. Collages, puzzles, paper tearing.
- **Modelling** - With clay/plasticine, play dough.
- **Puzzles** - using 2 fingers to pick up the pieces
- **Coin Turning** - Rapidly turn over a line of coins using finger tips and thumb. Work to increase speed. Later use smaller coins.
- **Building** – creating models with nuts and bolts.
- **Building Blocks** - starting with stickle bricks, duplo, lego
- **Mazes** - start with large mazes and gradually reduce their size.
- **Tracing** - around objects e.g. kitchen shapes, hand, foot. Use templates and stencils to encourage the use of two hands together.
- **Finger Puppets** - Puppets on each finger, play puppet games
- **Action Songs** - Twinkle Twinkle, Wheels on the Bus, Five Fat Sausages, Incy Wincy Spider, Two Little Dicky Birds.
- **Clothes Pegs** - Around a box, hanging clothes on a line.
- **Bubbles** - Have your child blow them, pop by poking at them with different fingers, grasping them, flipping them with different fingers, hitting them with various body parts.

