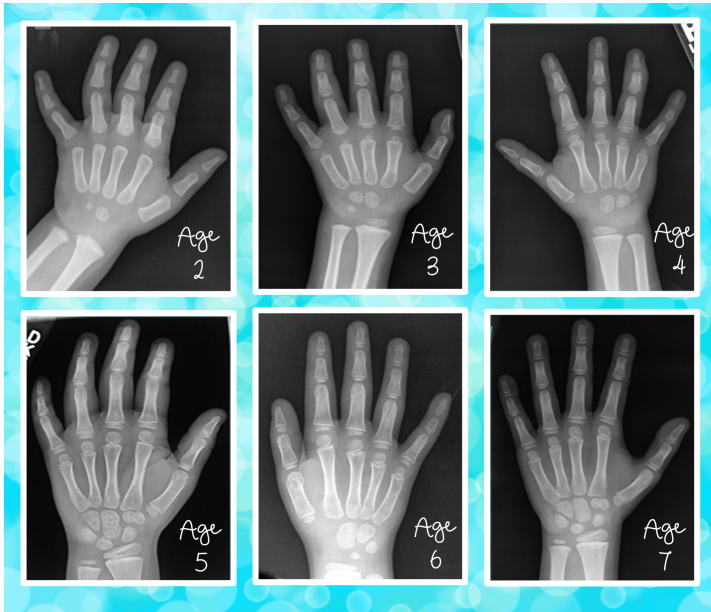


Fine Motor Development

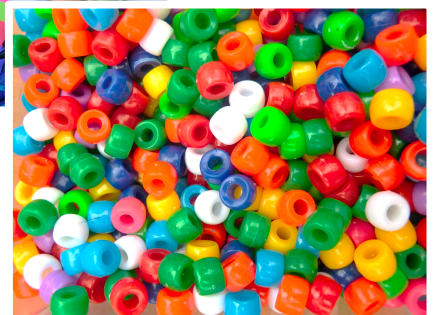
A child's fine motor skills determines their ability to precisely control smaller muscles in their hands, thumbs and fingers. These skills work together to provide the coordination required for many daily tasks such as holding and gripping small items, buttoning clothing, eating, turning pages and more. They are also important for skills such as writing, drawing, cutting and pasting, and using computer keyboards.

Fine Motor Development



This image shows the development of a child's hand from age 2 to 7. It is important that children are given opportunities to develop and strengthen their fine motor skills throughout this phase of their development.

There are lots of ways that you can support your child in developing their fine motor skills, using objects that you have lying around at home. The next page contains a grid with some activity ideas for fine motor activities at home.



FINE MOTOR ACTIVITIES

Spooning small items e.g. marbles, beads	Working with playdough- kneading, pushing, rolling, pulling.	Scissor practice- cutting straight, curved and zig zag lines.	Using tongs to pick up small items e.g. pom poms, buttons, dry pasta.
Threading beads onto shoe laces, pipe cleaners or spaghetti.	Pegging or clipping items to make shift clotheslines.	Painting or tracing with water.	Lacing - into templates with holes or working with tying shoe laces.
Working with kinetic sand.	Cutting and pasting activities.	Manipulating and working with paper clips.	Creating things with rubber bands.
Using syringes with coloured water.	Placing toothpicks through small holes.	Hammer and screws or nuts and bolts activities.	Writing numbers or letters in rice, sand or salt.
Pricking holes with pins to make numbers, drawings etc.	Toilet Roll haircuts- draw faces and cut some hair.	Scrunching and gluing tissue paper and crepe paper to make artworks	Sorting small objects into empty egg cartons e.g. beads, pom poms
Picking up small objects with tweezers.	Buttoning and unbuttoning practice.	Paper tearing and creating artworks with the paper scraps.	Tracing activities- variety of dotted lines.