

Fine Motor skills.

Fine motor skills are necessary for every task that a child completes. From play, to handwriting, to managing clothing fasteners, and colouring; Fine Motor Skills can be a problem for many children. Motor skills like pincer grasp and hand strength are essential for a child's development and ability to use their hands in small motor movements.

We can use the basics of playful activities to help with developmental skills and functional tasks like handwriting, scissor skills, dressing, and shoe tying. All of these tasks require a child's fine motor skills for effective manipulation of tools.

Most activities to support the development of fine motor skills, are easy to prepare and use recycled materials or items you might find around the home.

Neat pincer grip

Neat pincer grip is a fine motor skill that shows up when babies might start to pick up small pieces of food in self-feeding. This skill is essential for development of fine motor skills and manipulation of toys and items in play and discovery. It is the grip when child places thumb and index finger together. Some children may start with their thumb, index and middle fingers together.

Ways to build a neat pincer grip:

Pick up sequins.

Pick up toothpicks.

Peel sticky tape. Try this process art activity to stick and peel tape to address neat pincer grasp for fine motor skills.

Pick up and peel stickers.

Pick up and use very small beads such as 2 mm. glass beads in crafts or threading.

Create string art.

Counting 1 penny coins into a purse or jar.

Pick up small pasta in a sensory play activity.

Pick up and manipulate pasta in a fine motor colour match activity with play dough.

Pick up individual feathers.

Pick up grass seed or flower seeds

Pick up and post very small items into containers

NOTE: when using very small items be aware that children may put them into their mouths and always ensure close supervision.

Hand Strength Building Activity.

You will need:

Jenga or other wooden blocks / bricks

Rubber bands

What to do:

Show your child how to wrap the rubber bands around the bricks and support them to copy.

They can get creative in placing different coloured rubber bands and trying to secure more than one brick together.

For more information:

<https://www.theottoolbox.com/fine-motor-skills/>

<https://occupationaltherapy.com.au/fine-motor-skills-explained/>