

IDEAS FOR DEVELOPING FINE MOTOR SKILLS

Developing fine motor skills is essential for writing as it is these muscles in your hand that mean you can hold a pencil and use it with control. These activities will help the muscles in your child's hands and fingers strengthen and develop so they become successful with drawing and writing.



Explore playdough

Squeezing, prodding, pinching, kneading, cutting it with scissors, pulling it apart, rolling sausages and balls.



Squeezing pegs

on to a paper plate or the edge of a box, even on to a washing line. This strengthens the pincer motion.



Nuts and Bolts

This activity must be supervised as it has small parts. See if your child can get the nuts on to the bolts or can get the nuts off the bolts. How many nuts can you get on to a bolt?



A magnet and some paperclips.

The magnet is held in such a way as to help develop a pincer grip, particularly if the magnet isn't too big. Put paper clips in plastic bottle and see if you can get them to the top using the magnet.



Tweezers

Invest in children's tweezers. This encourages them to build the strength in their hand. Pick up anything with them. Post pom-poms into a cup or pot. Use a timer, how many can you get in 1 minute? Cut up bits of wool, make a bird out of a toilet tube. How many worms can you feed the bird?



Cheerio Threading

Thread cheerios on to spaghetti or wooden skewers pushed into playdough. Thread on to pipe cleaners and hang in a tree for the birds to eat or wear on your wrist for you to eat.



Pipe cleaner play

Explore pipe cleaners. What can you make? Push pipe cleaners into a colander. Good for pincer grip again, which is needed to hold a pen



Treasure Posting Box

Make a treasure box out of an old box and cut a slit in the top. Children to put coins into the pot. These can be real coins or coins cut out of cardboard or play gold coins. The children have to make the pincer shape with their hand to pick up the coins.