



fine motor

Fine motor skills development

The development of your child's fine motor skills is essential to help them to make progress with mark making and writing.

Fine motor skills are skills that involve the use of the small muscles controlling the hand, fingers and thumb. These are small muscle movements that are usually co-ordinated with the eyes.

Fine motor skills are used for a number of important tasks such as writing, drawing, zipping and buttoning.

Materials that promote fine motor skills

- Pom-poms
- Buttons
- Paper clips
- Clothes pegs
- Rubber bands
- Jumbo tweezers or tongs
- Pipe cleaners
- Play dough and plastecine
- Nuts and bolts
- Stickers

Activities that promote fine motor skills

There are many activities that you can do with your child to help them to develop fine motor skills and strengthen their muscles in their hand, fingers and thumb. These include:

- Squirting with trigger action spray bottles – aiming for a target such as a balloon or small container
- Picking up small objects such as pom poms, small Lego bricks, scrunched paper, dry pasta with fingers, tweezers or tongs
- Punching holes in paper – using a single hole punch to punch out a line or pattern in stiff card or paper
- Poke pipe cleaners through holes (use your colander or make a pot with holes in it)
- Tear paper
- Cutting lines with scissors- straight, zig zag and curved
- Cutting shapes with scissors
- Weaving, lacing and threading (beads, pasta, ribbon)
- Peeling and sticking stickers
- Scooping, pouring and mixing
- Screwing nuts onto bolts and taking them off again
- Painting with cotton buds
- Playing with clothes pegs- placing them round containers to make fences, hang out paintings, drawings, dolls clothes, socks etc
- Squeezing, manipulating, pinching, rolling and stretching playdough, putty or plastecine

Remember to allow your child to have fun so that they want to do these activities more and more which will help them to develop their fine motor skills more quickly.