

10 Things to Help Develop Fine Motor Skills

Quick reference
SHEET #19

What are fine motor skills?

- 🔗 Small movements with your hands that require smooth movement and accuracy
- 🔗 Examples of these are:
 - Doing up buttons, shoe-laces and zips
 - 2 handed tasks such as using scissors, and cutlery
 - Colouring in and handwriting
 - Playing with Lego, Duplo and Meccano
 - Completing jigsaws and puzzles
 - Using a ruler, compass or protractor



How can you improve your child's fine motor skills (and confidence)?

- ✓ Make it fun! Grade the activity so your child can see success and praise effort - Notice what they are doing well and be specific
- ✓ Focus on a specific skill and don't have the student try to learn too many things at once
- ✓ Practise the skills for 5 minutes each day
- ✓ Build the strength in your child's hands by using; plasticine, Playdough, rolling real pastry or a glue stick
- ✓ Start with bigger buttons to undo and do up on clothing that children can see and are easier to undo and push through button holes
- ✓ Use chunky pens and pencils or try drawing big chalk pictures outside
- ✓ Make sure your child is sitting in a stable position to do the task, such as getting dressed, sitting on a low stool or the floor, at the table with feet supported
- ✓ Try painting with solid colour markers which can be easier to control
- ✓ Fill a bowl with different colour beads and get the child to sort them, by picking colours out with their fingers
- ✓ Planting seedlings in the garden or in little pots in the house can be a great activity