



All about.... Fine Motor Skills



Did you know that...



- Building fine motor skills is the first step to children being able to carry out tasks independently.
- Fine motor skills involve the use of the small muscles that control the hand, fingers, and thumb.
- Every child develops and learns at their own pace, developing fine motor skills is helping your child to become independent

Things to do when out and about...

- Children can decorate a path or pavement with chalk or paint.
- Encourage children to do their own zips and buttons when getting ready to go out.
- Blowing bubbles outside and asking your child to burst them with their index finger.
- Having a bucket with water and a sponge asking your child to squeeze all the water out of the sponge back into the bucket, this could be a race with you or other siblings. Who can fill their bucket first?



Things to do at home...

- Use tweezers or tongs to pick up cotton wool balls, pom-poms or any items similar around your house - how many can you get into a bowl?
- Threading - use string, pipe cleaners or straws to thread through pasta or a colander
- Finger painting or painting with cotton buds
- Mark making in a tray of flour/glitter/sand or soil, children can use their fingers, a stick or anything to make their mark.
- Loose part shapes - draw patterns on paper and children can copy them using buttons, stones, stickers, pasta or rice.
- Sing nursery rhymes with hand actions such as Incy Wincy Spider or Twinkle Twinkle Little Star.
- Playing with playdough or plastercine helps to work children's hands and fingers



Online resources

Songs with actions

<https://www.youtube.com/watch?v=iyIDg6m4gA0&list=PLoOc9MOVgduOsNv4DZEPN7tu6ewAivyIx>

Information for adults

<https://www.youtube.com/watch?v=iyIDg6m4gA0&list=PLoOc9MOVgduOsNv4DZEPN7tu6ewAivyIx>