

Fine Motor Development

Children's motor skills develop at different rates, but when young children struggle with fine motor skills, they can have trouble with key tasks like grasping utensils (like pencils), moving objects with their fingertips and using tools like scissors. They may also have difficulty learning to zip up their coat, do up buttons and tie shoes. Here are some examples of great activities you can do with your child to develop their fine motor skills...



Playdough – rolling, squeezing, pushing, pulling, stretching and sculpting will all help develop the muscles in your child's fingers. You could have a competition to see who can roll the longest snake, or who can build the tallest tower using little balls of playdough. Dough Disco is also great fun! (click the link on the school website to see the picture cards for each movement)

Tweezers – use those little fingers to squeeze the tweezers and pick up small objects. Give your child a selection of objects to pick up using the tweezers and time them for 1 minute to see how many objects they can collect. Can they improve the total each time you play the game?



Painting – Painting can help to develop your child's hand-eye coordination and manual dexterity. Finger painting gives children the opportunity to use their hands, and to get messy! Painting with a brush helps children to learn how to hold a brush and gain greater control when using tools.

Gardening and planting – You may think this is more suitable to develop gross motor skills but there are lots of tasks in the garden that require smaller muscle control too! Picking up seeds with finger-tips and moving them to be planted requires strong fingers and a pincer grip along with having a strong grasp to dig and control the trowel.



Threading – Threading beads onto pipe cleaners is a fun and fabulous way to strengthen the muscles in your little one's fingers. Making a bracelet for a family member is the perfect way to engage them in this activity - you might even challenge them to make a pattern whilst they are threading the beads!

Pinterest – If you have loved doing all of the above fine motor activities, head over to Pinterest for some more inspiration! Simply search 'fine motor activities' in the search bar and the possibilities for excellent, fun activities are endless. Enjoy!

