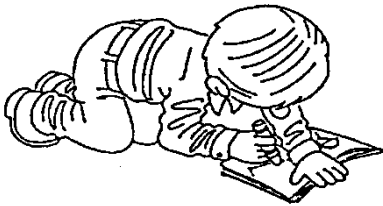


## Fine Motor Skill Development

When developing fine motor skills, it is important to consider the importance of changes in positions during the day. The following positioning suggestions allow the child the opportunity to experience a variety of postures for play to boost sensory feedback and improve muscle tone.

### All Fours Position



*All-fours position*

- Crayoning/chalkboard
- Picture books
- Toy cars
- Pegboard
- Floor Puzzles
- Clothes Pegs, pinch to place on page

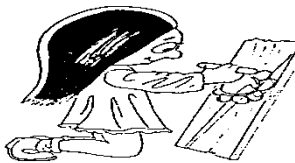
### Prone Position



*Prone "puppy" position*

- Crayoning/chalkboard
- Picture books
- Story Time
- Circle Time Play
- Reading
- Posting games; coins, buttons

### Kneeling Position



*Kneeling position*

- Easel board
- Circle Time games
- Puzzles
- At a table, use salad tongs or tweezers to lift small objects from one container to another.

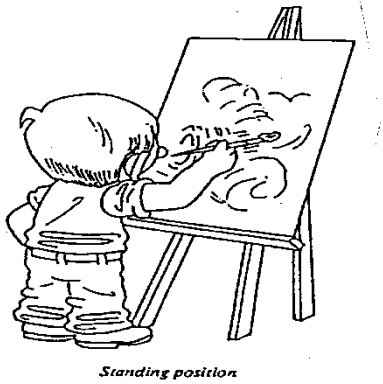
### Sitting Position



*Sitting position*

- Using Crayons
- Painting
- Jigsaws
- Construction toys i.e. Lego, Duplo, Sticklebricks.
- Picture books
- Play Dough
- Threading/pegging
- Scissors; snipping and cutting.

## Standing Position



- Sand Play/Water Play
- Construction Table
- Easel Board
- Velcro boards/Magnetic boards
- Play Dough
- Body awareness games

Fine motor skills are the ability to grasp and utilise an object within our hands. The development of these skills is of utmost importance as we require them in almost all activities of daily living, for example; bathing, dressing, feeding, handwriting and cutting.

The following activities may be useful to develop your child's fine motor skills:

1. Construction sets –those which involve pushing pieces together (e.g. LEGO/Duplo or screwing pieces together (e.g. Brio Mec, Meccano, Knex)
2. Use of tools e.g. Toy hammer, screwdriver, pliers, spanner etc to promote rotation at wrist and improve grip.
3. Moving marbles from one box to another using a spoon to develop eye hand co-ordination skills required for eating.
4. Use a cardigan with large holes to encourage buttoning skills. Also use medium and small size buttons to further develop skill.
5. Use dressing up clothes rail to help individuals sort and put on clothes as necessary. Use labels and seams as a way to assist children organize the clothes.
6. Include clothes with zips, toggle buttons and hooks to develop independence with dressing skills.
7. Lacing cards or sewing activities
8. When helping to tie laces encourage the children to use two different colour laces to help them distinguish and tie them.



9. Use Plasticine/modeling clay/playdough to make item as a way to promote fine pincer and gross grasps. This can also be used as part of sensory diet.
10. Games or activities which encourage a fine pincer grasp (that is the grasp between fingers and thumb, such as Connect four, Jigsaws, Pairs etc.
11. Books which involve placing a sticker on a specific spot for younger children.
12. Commercially available games, which require fine motor co-ordination. There is a huge variety of these including Cleversticks, Jenga, Connecta-straws, Magnetic Sticks, Bed Bugs, Operation
13. Jigsaws with small pieces (20 piece or inset boards).
14. Arts and crafts including use of scissors – use salad tongs and tweezers to lift and place small objects as a pre scissor skill.
15. Use small scissors to snip around edges of a sheet of paper to start then progress to cutting along thick straight thick lines. Cut through thicker paper or even playdough to develop a stronger grasp
  16. Identifying and or assembling objects with vision occluded e.g. cover a toy pig, cow and dog with a towel – find the pig by feeling them only; while blindfolded, fasten a button; while eyes are closed, feel and describe an object e.g. long/short, thick/thin, rough/smooth, big/small, top/bottom/middle/side etc.
17. Removing Rice Krispies or similar from Egg Carton between fingers and thumb.
18. Tearing up paper and making collages/pictures – increase the thickness of the paper as strength in the hand improves.
19. Cut a slit in a food container and post coins into it
20. Crumple a sheet of newspaper or scrap paper in the hand until it is a tight ball. Try to do it while holding the hand in the air. That way, the fingers work harder!
21. Bead threading – perhaps making necklaces
22. Dot to dot activities
23. Push pegs into play dough using index finger and then ask child to scrunch them up into a ball. Get the child to then search for pegs using mainly touch.



**Please note:**

**Your child should be supervised at all times when engaging in the activities described.**

**The length of time your child engages in the activities should be as tolerated by them. They should never be forced to partake in activities but should be encouraged appropriately.**

**If you have any concerns – please do not continue with activity.**