

Developing Fine Motor Skills

If you notice your child is struggling to write, sometimes forcing them to write more is not the answer. Children need to develop their fine motor in skills to be ready to write.

Below are some ideas of activities to support their fine motor development.

<u>What you see</u>	<u>What activities you can do</u>
Switches between left and right hand.	<ul style="list-style-type: none"> • Playing with nuts and bolts • Construction toys (e.g. lego, blocs, k-nex etc.) • Threading, beading or lacing • Ripping paper • Tracers and stencils • Using tools such as hammers or screwdrivers • Scooping and pouring • Wrapping food and presents etc. • Using hole punches or clothes pegs • Playing with playdough • Posting coins or buttons into slots
Using whole arm movements (instead of smaller wrist or hand movements)	<ul style="list-style-type: none"> • Lay on the floor on your tummy to colour or draw • Move around magnets on a fridge
May hold pencils with fist, palm or more than 3 fingers Letters and shapes are often shaky Pencil strokes are very light	<ul style="list-style-type: none"> • Playing with playdough (pinching, rolling, squeezing etc.) • Playing with bubble wrap • Using tongs and tweezers • Playing with nuts and bolts • Using clothes pegs • Using small broken crayons • Painting with cotton buds • When working with pencils, getting them to hold tissue/poms poms with pinky, ring and middle fingers • Use stamps and stickers

<p>When writing his/her name, it is very difficult to read</p>	<ul style="list-style-type: none"> • Practise drawing basic shapes • Make this interesting by using sand/shaving foam/chalk/water and brushes etc. • Use small broken crayons • Get them to copy something you have drawn •
<p>Has difficulty reopening scissors when cutting</p>	<ul style="list-style-type: none"> • Cutting different materials (playdough, tinfoil, newspapers, card etc.) • Beading and lacing • Putting coins or buttons in a slot • Playing with playdough • Punching holes in paper • Use a spray bottle
<p>Does not turn the paper with the 'helper hand' while cutting</p>	<ul style="list-style-type: none"> • Have your child lay on their stomach while cutting so they have to use their elbows for support which encourages to turn the paper with their helper hand

Here are some suggestions for incorporating fine motor development into day to day activities:

- Hanging washing on the line
- Carrying or pushing a laundry basket
- Putting cutlery back in the draw (sorting)
- Setting the table (counting out cutlery and plates)
 - Wiping the table
- Pouring water/milk for people to drink
- Carrying shopping bags into the house
 - Helping with cooking or baking
 - Opening the post