

Fine motor skills



Fine motor skills are the ability to make movements using small muscles like the hands and fingers. These fine motor skills will be crucial when your child goes to school and has to write, colour in, build things, use a computer mouse, and so on. Here are some activities you can do with your child to help them develop their fine motor skills...

Build your child's fine motor skills



CUT with child-safe scissors



SQUEEZE with pegs or tweezers



MAKE ART e.g. finger paint or draw with crayons



GET DRESSED doing up buttons, zippers etc.



HELP in the kitchen, stir, chop, shake, mix



SQUASH and SHAPE playdough



BUILD and STACK with blocks and cups



LACE and THREAD string games, tie shoe laces



BUILD puzzles



HOLD knives, forks and spoons

Remember the games that you used to play growing up where you had to use your hands and fingers like Diketo and Morabaraba. They are fantastic for building fine motor skills, play them with your child.