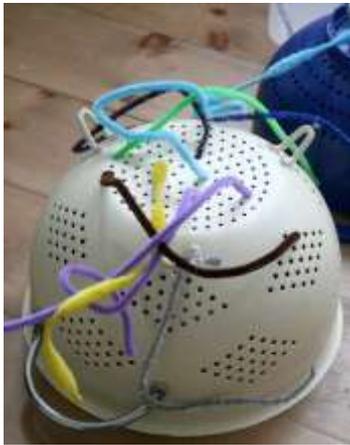


## Fine Motor Skills

*Fine motor skills* are those that involve a refined use of the small muscles which control the hand, fingers and thumb. These skills are very important and it is essential that we build these muscles in the early years. With the development of these skills, a child is able to complete important tasks such as writing or buttoning up clothes. Their little hands need to develop dexterity and strength. We have put together some tasks and games that the children can do to strengthen the muscles needed for fine motor skills.



Using tweezers is a very effective task for fine motor skill development. Children could use the tweezers to pick up things like pom-poms and move them to different containers. It is important to encourage the children to keep the tweezers closed as they are transferring the pom-poms.



Threading can be done with many things. You can buy traditional threading sets, cotton reels or beading sets. Alternatively, you can use other things from around the house. Examples include; pipe cleaners or spaghetti into a colander, Cheerios onto spaghetti and buttons onto wool.



Building with Lego helps to strengthen the finger muscles. Building with other construction bricks is fine too, such as Duplo. However, the smaller the bricks, the better it is to develop the fine motor skills.



Moulding, squeezing, rolling and pinching play dough is great for fine motor skills. You can buy it or have a go at making it at home using simple ingredients. See below for one recipe you could use. You could also try having a go at 'Dough Disco' videos on Youtube for something a little bit different!

<https://www.bbcgoodfood.com/howto/guide/playdough-recipe>



Using scissors is not only good for fine motor skills but it is also an important life skill for children. To develop fine motor skills - children can cut anything (with permission of course!). It is good for them to have experiences of not only cutting paper and card. They could also cut things such as; fabric, vegetables, play dough, cooked spaghetti and leaves. If they are cutting paper, try drawing a line or pattern that they need to follow.



Clothes pegs can be used in many different ways to strengthen finger muscles. They can be used as tweezers to pick small things up. But simply squeezing the pegs to open them and releasing to attach them is enough. You could attach them to card, lolly sticks, paper plate, fabric etc.