

FINE MOTOR STRENGTH & DEXTERITY

Fine motor skills refer to tasks that require the small muscles of the hand. Fine motor skills include pincer (thumb and pointer finger) and tripod (thumb pointer and index fingers) grasp, and in hand manipulation and dexterity. It's important to have developed good fine motor skills and hand strength to complete daily tasks well.

Below are a variety of activity ideas to help build up children's fine motor skills. Spending a few minutes each day can be beneficial in helping to improve these core skills.

	Example Activities	Images
<p>Theraputty/ Blu-Tac/ Play Dough</p>	<ul style="list-style-type: none"> • Squeeze putty using fingers and thumb • Roll putty back and forth into a long roll or 'snake'. • Pinch putty across the roll with index finger and thumb. May repeat using other fingers with thumb. • Find hidden items in the putty (e.g. marbles/tokens) 	
<p>Pincer Grasp</p>	<p>Use the thumb and forefinger (and initially your child may also use their index finger) to grasp tongs/ pegs / chopsticks to:</p> <ul style="list-style-type: none"> • Pick up and sort colours (e.g. lego bricks) • Peg clothes to a clothesline/rack • Serve food at snack time to the rest of the family • Do up their own buttons and zippers • Threading cards/sewing • Making jewellery • Playing card games 	
<p>Cooking Activities</p>	<p>Are great for activities involving a 'worker hand' and a 'helper hand' (the hand that helps by stabilising the bowl/jar, while the dominant hand does the work of stirring or opening).</p> <ul style="list-style-type: none"> • Unscrewing / screwing bottles or jars • Squeezing a wet cloth with one hand or wringing it with both hands, to wipe a table • Stirring pots or sifting • Rolling out cooking mixture (e.g. break, cookie dough) • Spooning mixture into cooking trays • Icing cupcakes with piping bags 	
<p>General Activities</p>	<ul style="list-style-type: none"> • Watering plants using a watering can or spray bottle • Ball and bat games (tennis, cricket) • Place preferred foods / snacks in twist top containers / boxes where your child has to open the lid 	