

Helping Your Child Build Fine Motor Skills



Fine Motor Skills

Fine Motor skills are tasks that involve the use of the small muscles in the fingers, hands, wrists and arms to manipulate, control and use tools and materials. Fine motor abilities form the basis for many of the skills that children will develop and enhance as they move through school. Fine motor skills help the children to apply their Literacy and Numeracy skills, as well as to participate in a range of more complex Art and Craft experiences.

Help your child to develop their fine motor skills by:

- Popping bubbles on bubble wrap with just the index finger and thumb
- Finger painting
- Puzzles
- Trace shapes or letters
- Using small Lego or building blocks
- Squeezing sponge; emptying water from one bowl to another
- Stretching and rolling play-dough
- Using pegs/tweezers to transport pasta/ rice from one bowl to another.
- Folding card, making clear, strong folds

