

Below are some ideas that you can use with your child to help them develop their fine motor skills. Fine motor skills are the ability to co-ordinate small muscles and movements- mainly in the fingers and hands- for things like writing, eating, cutting with scissors, doing buttons etc. So if these skills are something that your child sometimes find difficult then these activities would be good to try.

- Making bracelets/necklaces with pasta or beads
- Threading with string/pipe cleaners through the holes in colanders



- Weaving around cardboard:



- Building with Lego

- Stacking cups



- Painting with cotton buds
- Following a pattern drawn by a grown up with beads/buttons etc.

