



# Developing Fine-Motor Skills

Our fine-motor skills are the movements we make using the small muscles in our fingers, hands and forearms. If your child has poor fine-motor skills, they will find it difficult to write. You will need to do some extra practice with them at home to help strengthen these muscles so they can catch up with their peers.

## Try some of these ideas:

- Mould and roll play-doh into balls using the palms of hands facing each other and fingers curled slightly towards the palm.
- Roll play-doh into tiny balls (peas) using only the fingertips.
- Use pegs or toothpicks to make designs in play-doh.
- Cut play-doh with a plastic knife or with a pizza cutter.
- Tear newspaper into strips and then crumple them into balls.
- Pick up objects, such as Cheerios or mini marshmallows, using tweezers.
- Thread beads onto a string (start with beads with large holes first and then as your child improves, the beads can get smaller and smaller).
- Try to turn over cards, coins or buttons, without bringing them to the edge of the table.
- Practise cutting pictures out of magazines, etc. with scissors.
- Roll small balls out of tissue paper and then glue them onto paper to make pictures or designs.
- Dot-to-dot pictures/activity books.
- Trace around stencils.
- Practise forming the alphabet, one letter at a time, remembering that all letters start on the line.

*a b c d e f g h i j k l m*

*n o p q r s t u v w x y z*