

## **Developing fine motor skills**

### **Grasping whole hand**

- Use rattles, tinsel sticks, squeaky toys
- Take objects from & put objects back into a container
- Squeeze squeakers, sponges or play dough

### **Releasing objects**

- Drop objects into large container; use smaller containers as skill developed
- Use posting boxes & shape sorters
- Make patterns with large & small pegs on board
- Throw beanbags onto a target or into a bucket

### **Using a flat hand**

- Bear weight on hands by crawling/walking on all fours
- Play 'Pat-a-Cake' & other clapping games
- Make handprints in paint, sand or play dough

### **Transferring objects one hand to the other**

- Use toys with require manipulation
- Play games on floor; child rolling on back to one side, pick object up, transfer to other hand, roll to other side, place toy in container

### **Using a fist**

- Sing action songs such as 'Peter bangs with one hammer...'
- Pull or hammer pegs
- Hold & carry a cup

### **Grasping with thumb & middle finger**

- Post cylindrical shapes; pick up & use pencils, crayons
- Paint or paste some pictures using a fat paintbrush

### **Grasping with thumb & finger ends**

- Use pegs, beads, buttons, toys on a string; puzzle with knobs
- Clip pegs onto clothes & remove them

### **Using index finger with other fingers**

- Use toys that need a knob to activate them
- Play pointing games
- Make holes in play dough
- Play games with finger puppets
- Play finger rhymes

### **Using the thumb**

- Thumb & finger prints
- Make pictures by pushing drawing pins into a board
- Use thumb to cover up faces or stickers on finger pads
- Use press studs on clothes, etc

### **Other ideas**

- Play threading games with cotton reels, buttons, cards
- Make a collage, use cutting, sticking & pasting
- Attempt all kinds of fastening