

10 WAYS TO IMPROVE

Children's Fine Motor Skills

1

Puzzles

Picking up and moving puzzle pieces into place helps develop pincer grasp

6

Bath time play

Use cups to fill and pour out, and sponges or rubber toys to squeeze

2

Cutting with scissors

Using scissors strengthens fine motor skills as well as hand-eye coordination and concentration

7

Play-dough

Rolling, poking and squishing play-dough strengthens muscles in children's fingers and hands

3

Drawing, painting, and coloring

Use different types of painting and mediums, like crayons, chalk, finger paints, or brush painting to strengthen hand-eye coordination

8

Building with blocks or Legos

Stack, connect and build using blocks and Legos. These activities encourage fine pushing and pulling movements

4

Kitchen tongs or tweezers

Create a game using a pair of kitchen tongs or tweezers to pick up small objects like grapes, pasta, buttons, and coins

9

Sand

Use spoons to scoop and dig and use molds to make fun sculptures. If you're inside, kinetic sand is a great alternative

5

Eye dropper tests

Put some water and food coloring in a few glasses. Have a couple of empty bowls or glasses where kids can use an eye dropper to mix different colored water together

10

Threading and lacing

Thread different size pasta or beads onto strings, laces or pipe cleaners. You can also use laces or thread to tie knots and bows