

HOW TO SUPPORT YOUR CHILD'S FINE MOTOR SKILLS.

Here are some simple activities to help support your child's fine motor skills:

What are fine motor skills?

Fine motor skills are movements that involve using the small muscles of the body such as hands, and fingers.

Fine motor skills support your child in eating, writing, typing and dressing. In a child's early years it is important to help support them develop their finger muscles by doing different activities., this will help them when they are ready to write, type and dress themselves.



Table top activities:

- Colouring / drawing
- Cutting
- Playdough activities
- Sorting objects
- Filling and emptying with tweezers or pegs
- Posting objects
- Tearing pages for collaging



Free play activities:

- Jigsaw puzzles
- Building with blocks
- Threading



Self-Care activities:

- fastening shoes
- zipping or buttoning clothes
- eating and cutting food
- brushing hair and teeth
- going to the toilet
- sock matching and putting together



SUMMERHILL'S
LITTLE TREASURES

