




All about me @ 2: Fine Motor Skills

Activities to play with your child together, to support their development.

Example activity	Example image
<p>Using an old shoe lace or a length of ribbon or string, firstly wrap a small piece of sticky tape around one of the ends (to make threading a little easier), and tie a big knot at the other. Next, show your child how to thread things along it using small hollow objects from around your home e.g. dry pasta quills, empty cardboard-rolls, buttons, metal washers etc.</p> <p><i>*Take care with all small items which can cause choking in babies and young children.</i></p>	
<p>Once you have read your *newspaper or magazine, clear a space on the floor and show your child how to tear off big long strips. Let them enjoy ripping, tearing, scrunching and squeezing the paper, and wave the long strips of paper in the air or outside in the breeze. Then tidy up 'together'!</p> <p><i>*Avoid newspaper print getting into contact with the mouth and wash hands after this activity</i></p>	
<p>Collect small empty plastic containers e.g. food storage containers or old clean take-away food pots. Fill them with *small items from your kitchen cupboard e.g. rice, dry pasta, dried beans or use small colourful buttons etc. Seal the lids securely! Your child can then use the colourful containers to build a tower, and also shake and rattle as musical instruments.</p> <p><i>* Take care with all small items which can cause choking in babies and young children. It is very important that lids are tightly secured and curious little fingers cannot un-do.</i></p>	
<p>Colourful pegs are a perfect everyday household item for your child to use to help strengthen their thumb and finger pincer-movement. For example, your child could help you sort out clean washing; matching and pairing socks into colours before pegging onto a clothes-airier, or use pegs to hang their paintings up to dry.</p>	