

Fine Motor Skills

Four – five Years (getting ready for school)

Did you know?

- Fine motor skills involve the muscles in the fingers, hands, and wrist. Practice makes it easier to button and zip clothes, manipulate toys and puzzles & eventually hold a pencil and use scissors at school.
- By this stage, your child should be able to string beads, manipulate small puzzle pieces, undo buttons, starting to have a more mature grip, freely draw shapes eg squares, triangles, circles, use scissors, screw together nuts and bolts, begin to copy shapes, lines, patterns

Things to do at home...

- Finger painting, drawing and using chalk.
- Pushing things into play dough eg beads, tooth picks etc, peg boards
- Crafts which require crumpling or rolling small pieces of paper
- Games that require use of tweezers to pick things up eg transfer macaroni to a jar
- Cutting out
- Tracing lines or patterns
- Let your child turn the pages as you read a story. While you are doing this, show where the start of the book is, discuss the picture on the front and talk about the subject matter.
- Dress up corners for manipulating buttons/ zippers etc
- Finger rhymes/ games to help with isolation of fingers- eg Peter & Paul, where is thumbkin? Etc Posting games,
- Get them to “peg” clothes. This really strengthens fingers
- Screw and unscrew eg nuts and bolts
- Use eye droppers to pick up water
- Lacing activities
- Upper body activities to develop large muscles, will in turn help fine motor control eg climbing, monkey bars etc.