

Helpful hints for developing fine motor skills



Learn to throw and catch a ball? start with a large , soft ball about 3 Ft. Apart. Increase distance with skill. Child ready position is arms extended together with palms up. 2. Learn to kick a ball standing still and progress to kicking while the ball is moving. Adult can roll ball to child from distance of 5 Ft. 3. Manipulate playgroup Into ball, pressing flat and cut with plastic tools or shape cutters. Have child roll dough into snake using both hands. 4. Press pennies into large ball of playgroup or therapy. Child needs to find and remove the coins. Line them up and count them. Pick up coins, toothpicks, rice using pincer grip (thumb and pointer finger). Once mastered with finger, can progress to trying tweezers. 6. Use eyedropper to drop water on paper. Child must squeeze, not shake. Add fun by adding food coloring to the water and use coffee filters. You'll have tie-dyed paper to dry and cut for another project. 7. Allow your child to brush their teeth for 1 min. Then you can finish if you feel more thorough brushing is needed. 8. Practice stringing with pasta shapes, large beads, buttons. You can stiffen the string with spray starch.

Also you can use he round narrow shoe laces. Yarn is more difficult. 9. Tie knots in string. Demonstrate holding each end, how to tie a knot. Keep making knots. Start with Minch piece and you can add length as skill progresses. Yarn Is more difficult. You can also use old shoe laces. 10. Trace basic shapes on cardboard (adult cuts.) Have child trace with crayon teaching them to grasp and press crayon or wide marker. Start with square, triangle, rectangle. Teach them " holding hand" and " writing hand". It may be helpful to secure the paper with a small piece of tape so it doesn't move.

Children at -4 may not have dominant hand choice so allow them to use either. 11. Color with small pieces of crayon which require the child to grip

pincer. If you have broken crayons, do not discard. 12. Practice picking up things with spring type clothes pins? crumpled pieces of paper, balls of playgroup, small pebbles, small toys, cut up sponge, wood chips. Pieces of felt. You can also string a line between 2 chairs and have the child put clothespins on the line. 13. Allow your child to practice putting the key in the house door and turning. Never the car! 14. Practice zipper, buttons, electro shoes. Resign self, buckle a belt (not on the pants), snaps, putting on gloves to fit each finger in place. 15. Balance walking on a 6" wide piece of wood. May need to start walking sideways, then foot over foot. Teach airplane arms for balance. As skill advances, let them walk backwards with you holding their hand. 16. Learn to balance and hop on one foot. Practice each foot separately. 17. Practicing sequencing. A good tool is simple drawings you can place in order on a strip. A good way to start is bedtime routine: take off clothes, bathetic, put on pajamas, brush teeth, read a story, sing a song, say a prayer, kisses, say goodnight, light off.

Try to use the same sequence every day. If they don't know what is next have your child look at the sequence strip. 18. Practice pouring water from one container to another In the tub. Empty yogurt cups are a good size. 19. Practice walking stairs , holding railing, with one foot to each step. 20. Play Simon says, matching games, puzzles, simple All of these activities are meant to be fun and time limited. If your child is not interested try a different activity. Please feel free to ask the teachers questions.