

HealthPoint

Rehabilitation Services • Health and Wellness

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Fine Motor Coordination Skills

Fine motor skills, also known as our dexterity, is the coordination between the small muscles, often those in our hands, wrists, and fingers. Fine motor skills are achieved when children learn to use their smaller muscles in the hands, fingers, and wrists. Children use their fine motor skills when writing, holding small items, buttoning clothing, turning pages, eating, cutting with scissors, and manipulating objects. These fine motor skills are important for your child to develop. There are some very effective but simple ways that you can improve your child's fine motor coordination skills at home, using a variety of objects you may already currently have at your disposal. You can use some of these ideas to not only address your child's fine motor coordination skills but to also allow a fun distraction for you and your child during your time at home.

- 1. Playdough:** An excellent way to address your child's fine motor coordination and hand strength is with playdough. This link below provides you with a homemade playdough which is a fun activity for you and your child to make together. You can then use the homemade playdough to have your child mold it into shapes, smash pieces flat with their hands, pinch the playdough, use a plastic knife to cut the dough into pieces, make shapes with playdough using cookie cutters or even hide small items in the playdough for your child to locate.



<https://www.youtube.com/watch?v=oAIAm6BF0fs#action=share>

- 2. Toys and Games:** There are several toys and games you can obtain to play with your child to address their fine motor skills. Below are some of our favorite toys and games that not only focus on fine motor skills but also addresses visual-motor coordination and educational skills including matching, counting and turn taking.

- **Educational Insights The Sneaky, Snacky Squirrel Game**



https://www.amazon.com/Educational-Insights-Squirrel-Toddler-Preschool/dp/B004867VC4/ref=sr_1_4?dchild=1&keywords=fine+motor+games+for+kids&qid=1585165278&sr=8-4

- **Coogam Wooden Lacing Apple**



https://www.amazon.com/Coogam-Threading-Learning-Educational-Toddlers/dp/B07GW6DCFC/ref=sr_1_10?dchild=1&keywords=fine+motor+games+for+kids&qid=1585165278&sr=8-10

- **Jumping Jack Game**



https://www.amazon.com/Jumping-Jack-Pull-Carrot-Watch/dp/B00I876GAM/ref=sr_1_15?dchild=1&keywords=fine+motor+games+for+kids&qid=1585165278&sr=8-15

3. Household Items: There are many everyday, household items that you can use to help work with your child on their fine motor skills. Below is a picture with just a few examples. Be creative and fun!

- Use basters in a tub of water or the bathtub
- Thread pasta through straws
- Sort cereal by color with tweezers/tongs
- Draw a line/pattern of any shape on paper have child place small buttons on line.
- Painting with Qtips
- Matching/connecting nuts/bolts
- Transferring coins from tabletop, placing coins into slit in container
- Popping bubble wrap with fingers
- Making sculptures with marshmallows and toothpicks
- Ripping paper into pieces
- Threading pipecleaners through cd/ander holes.
- Place toothpicks into holes of a spice container
- Fold straw in half and use and tongs to pick up small items
- Peeling fruits such as bananas, oranges
- **Finger painting**

Fine Motor Activities

