

Fun Fine Motor at Home

Help your child develop the strength and motor control he/she needs to write and draw!

Things to Remember

Make it FUN and hands on! Children need **FREQUENT** opportunities and a variety of materials to develop their fine motor control as well as eye hand coordination.

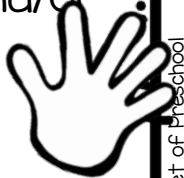


Quick Information

Fine motor development involves the use of small muscles of the body (hands and fingers). It is the ability to pick up small items, color with crayons, copy designs, string beads, cut with scissors, draw shapes, and write letters.

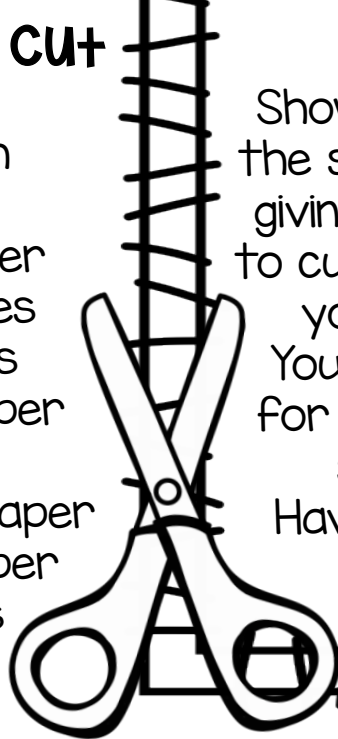
INCREASE CONTROL AND HAND STRENGTH

- Do a variety of puzzles.
- Tear paper and make a collage.
- Peel and stick stickers and/or tape to paper.
- Build or play with dominos.
- Color and write with broken crayons, short colored pencils, and thin markers.
- Offer tracing stencils or trace around objects.
- Build with small Legos or small wooden blocks.
- String beads, noodles, cereal using pipe cleaners or yarn.
- Play games or explore with tweezers or small tongs to pick up items such as cotton balls, marshmallows, cereal, pom poms, or small rocks. Commercial games that use tweezers are Bed Bugs, Thin Ice, and Crazy Octopus.
- Sprinkle salt, flour, or oatmeal onto a cookie sheet. Your child can use a finger to make lines, shapes, letters, and/or numbers. Gently shake the tray to erase.
- Paint with various types of brushes and on various surfaces (paper, foil, wax paper).
- Use hole punches, shape punches, and/or letter punches.



Items to Cut

Paper
Playdoh
Goop
Newspaper
Magazines
Coupons
Tissue Paper
Ribbon
Wrapping Paper
Fancy Paper
Leaves
Grass

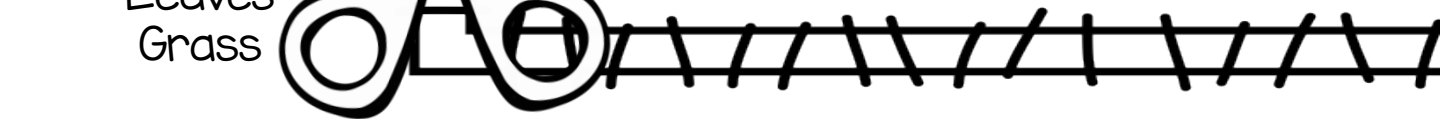


Cutting

Show your child the correct way to hold the scissors, with the thumb up. Start by giving your child half inch strips of paper to cut. Gradually make the paper wider as your child's scissor skills strengthen.

You can draw thick black lines on paper for your child to cut along. Make simple shapes for your child to cut too!

Have your child make a collage with the items they cut out!



PLAYdoh & GOOP



There are endless activities your child can do with playdoh and goop! Roll the playdoh into balls or snakes, cut it with scissors, pinch off small pieces, or make a sculpture. Hide small objects (pennies or a small plastic animal) in the playdoh and then try to find it. Manipulate the playdoh to make pretend food. Get out a rolling pin and cookie cutters to make playdoh cookies! Make prints in the playdoh using buttons, toothpicks, popsicle sticks, small plastic animals, or sea shells.



Water Play

Water play can be a great time to incorporate fine motor fun! Add the items below and let the fun (and muscle building) begin!

- Eye droppers
- Turkey basters
- Bath squirters
- Spray bottles
- Sponges to squeeze
- Tongs and tweezers
- Containers with lids



FUN RECIPES TO TRY



BASIC PLAYDOH



WHAT YOU NEED:

2 cups of flour, 1 cup of salt, 4 tsp. of cream of tartar, 2 cups of water, 2 Tbsp. of vegetable oil, and food coloring

HOW TO MAKE IT:

Measure and mix all ingredients together in a sauce pan off the heat until all the clumps are gone. Put on the stove and set it to a medium heat. When it pulls away from the sides of the pan and forms one large ball, it is finished! Let it cool. Knead the dough and have FUN! Store the dough in an air tight bag. No need to refrigerate.



Jello PLAYDOH

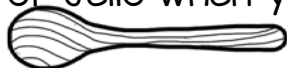


WHAT YOU NEED:

2 cups of flour, 2 Tbsp. of salt, 2 Tbsp. of cream of tartar, 1 cup of water, 2 Tbsp. of vegetable oil, and 1 box of Jello (1.4 oz)

HOW TO MAKE IT:

The same way as the basic playdoh except don't forget to add the box of Jello when you add the flour!



Goop



WHAT YOU NEED:

one part liquid starch, two parts white/clear glue, and washable markers (optional)

HOW TO MAKE IT:

Add the liquid starch to the glue until the mixture becomes a workable ball. Store in a air tight container in the refrigerator. Once it is cold, play and have FUN! For added fun, let your child use the markers to color the goop as they play!

Helpful Hint: If it gets on a piece of clothing, soak the item in water. This will break up the liquid starch. Then wash in the washer as normal.