



Ideas how to... Improve fine motor skills

Fine motor skills are the movement and coordination of the small muscles, generally in your hands. Here are some fun ideas for kids to help improve those muscles

Anything that requires your child to *squeeze* or *pinch* is generally good.

Picking up small objects like buttons, coins, pom poms with fingers, clothes pins or tweezers or creating on pictures on a Lite-Brite!

Using tongs to pick up grapes or pasta – chopstick trainers work, too



Building and stacking with small blocks like Legos

Cutting with scissors - try paper plates, toilet paper rolls, plastic straws or foam (then float the foam in the bathtub or stick on the shower wall!)



Squeezing and rolling playdough or clay

Coloring and drawing (try using a mini golf pencil to keep hold near the tip)

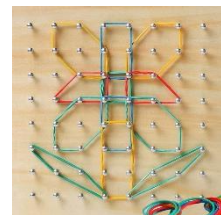
Using a paint brush (watercolors are great)

Using eye droppers with colored water to mix and make new colors

Tying knots with yarn or threading yarn through cereal like Froot Loops or Cheerios

Opening and closing containers

Doing buttons, zippers, and snaps independently



Stretching rubber bands on a geoboard or weaving frame





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