



The Importance of Developing Fine Motor Skills

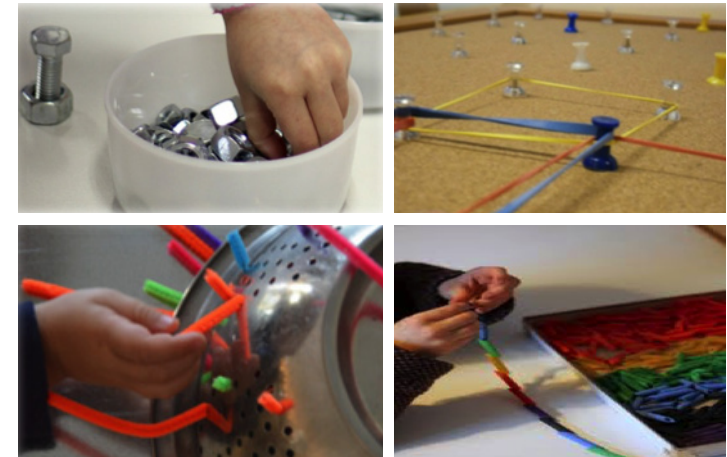
How can parents help at home?

You can develop your child's gross and fine motor skills at home through fun, everyday activities such as:

1. Baking – whisking and mixing
2. Make bread – kneading
3. Cooking – for example, mashed potatoes is a simple recipe yet great for mashing! You can also task your child with pressing garlic in a garlic press
4. Ask your child to help you peg clothes on the washing line
5. Sweeping and mopping the floor
6. Daddies can also get children involved by helping in the garage screwing nuts and bolts
7. Washing the car – squeezing sponges
8. Painting with rollers
9. Encourage your child to feed themselves using chopsticks

Other activities you can share at home with your child:

1. Threading - for example making pasta necklaces
2. Sewing
3. Putting coins in a money box
4. Locking and unlocking small locks with keys
5. Playing with finger puppets
6. Puzzles
7. Cutting activities





Playdough Recipe

1 cup flour
1 cup water
1 Tbsp Oil (use a non odorous oil one like canola)
1 Tbsp. Cream of Tartar
½ cup of salt
2 Tbsp. vanilla
Food colouring
Mix all dry ingredients then add water and oil.
Cook on stove top until the consistency of mashed potatoes.
Remove. Add vanilla and food colouring.



N.B You can enhance playdough with coffee, spices such as cinnamon, scented oils such as lavender or glitter for a little sparkle!

Useful Links and more ideas to try at home...

Pinterest – is a site where people share good ideas. Just type in ‘fine motor activities’ or ‘Funky Fingers activities’ into the search box.

<https://www.pinterest.com/>

Alistair Bryce Clegg is the man behind **Dough Gym** and **Funky Fingers**.

You can find out more about him, his approach and some great ideas and recipes at:

<http://www.abcdoes.com/>