

Developing Fine Motor Skills

If you are worried about your child's handwriting, or their ability to complete independent self care skills that require more intricate hand control, then you may need to spend some time focusing on their fine motor skills.

What are fine motor skills?

At a Glance...

- Fine motor skills are the ability to make movements using the small muscles in our hands and wrists.
- Children use fine motor skills to do many school-related tasks.
- There are things you can do at home to help improve your child's fine motor skills.

Please click on the link below for a fantastic website that goes into more depth about fine motor skills. It also has a really helpful video that explains the differences between gross and fine motor skills.

<https://www.understood.org/en/learning-thinking-differences/child-learning-disabilities/movement-coordination-issues/all-about-fine-motor-skills>

Please note: doing fine motor skills activities every day for ten minutes is far more effective than once a week.

Please see the recommended fine motor skills that you could incorporate into your child's day. All the resources are free. If you are struggling to access them and require a paper copy, please contact the office or your child's class teacher.

Fizzy and Clever Hands

The Fizzy and Clever Hands Programme has been developed by therapists in Kent Community NHS Trust.

It has three stages

- Beginners (level 1)
- Intermediate (level 2)
- Advanced (level 3)

The FIZZY and Clever Hands Programmes are recommended by occupational therapy as programmes for schools to use to assist in the development of motor skills for those children who find this challenging.

It can be helpful to use this programme when you are concerned about your child's motor skills. The helpful guides include:

- Balance
- Ball Skills
- Body Awareness
- Clever Hands

<https://www.nhsggc.org.uk/kids/healthcare-professionals/paediatric-occupational-therapy/fizzy-programme/>

Theraputty

What is Theraputty?

TheraPutty[®] is a stretchy, silicon-based exercise material used by physical and occupational therapists for hand therapy. Grip strength, finger strength, and fine motor skills can all be improved by the use of hand putty. To help develop children's fine motor skills, do not worry if you cannot access any theraputty material. Playdough or home made salt dough can also be used, and can have a positive impact on a child's fine motor skills. Please click the link for a 4 week programme. If you are unable to commit to the 4 week programme, have a look and see if you can incorporate it into your child's day. As little as ten minutes a day can make a big difference!

<https://www.nhsggc.org.uk/media/251457/theraputty-4-week-programme-for-school.pdf>

Other activities to develop fine motor skills:

Please note, this list is not exhaustive! The list really is endless. If you have found any of your own activities that you think has helped your child develop their fine motor skills, please share and we can update this list!

- picking up progressively smaller objects and tweezers/tongs.
- Picking up coins from the table to put into money box slots.
- Threading activities with shoe laces and beads.
- Simple stitching activities.
- Pressing playdough into pre-drawn shapes on laminated paper.
- Lego games.
- Shaving foam play.
- Making clay beads.
- Disco dough: <https://www.youtube.com/watch?v=br890A4LLJU>
- Opening and closing pegs
- Writing on a chalk board.
- Cutting vegetables.
- Matching small nuts and bolts
- Threading feathers into an upturned colander
- An activity box of pre-prepared materials: <https://www.tts-group.co.uk/fine-motor-skills-activity-box/1002032.html> Please click the link for inspiration, these packs are very expensive and can be made with everyday household objects. If you are struggling to find things, please contact the school.