

## Activities to Promote Fine Motor Skill Development

- ☺ Squeezing activities. Let your child move water from bowl to bowl with a sponge
- ☺ Provide play dough. Squeeze a small ball or bean bag
- ☺ Pinching activities—move water with an eye dropper, use tweezers to move beads from one dish to another
- ☺ Make collages together with materials you buy, collect, or find together.
- ☺ Using scissors (with parent supervision)
- ☺ Cut pictures from magazines
- ☺ Cut play dough
- ☺ Cut plain paper or lined paper
- ☺ Cut collage pieces.
- ☺ Lacing and stringing—lacing cards are available in toy departments.
- ☺ Have your child practice lacing and then tying shoes.
- ☺ Use shoe laces to string beads or macaroni.
- ☺ Tracing activities—draw lines on a page and have your child trace the lines.
- ☺ Draw a simple path to help Goldilocks find her way home, help a fox find the gingerbread man, etc.... and have your child trace the path
- ☺ Find a book with simple mazes for your child to trace.
- ☺ Spray some shaving cream on your bathroom or kitchen counter and let your child play with it like finger paint
- ☺ Help your child become as independent as possible. To do this you must resist the temptation to complete the tasks for him or her, including such daily requirements as tying shoelaces, cutting food, and dressing. Instead, be there to assist your child as he or she completes these tasks.