**Fine Motor Co-ordination**

Below is a list of fine motor activities you could use to improve and develop your child’s fine motor skills.

* Banging two toys together.
* Putting things in and out of different containers.
* Messy play – support stretching open his hands and then grasping the items to feel in the palm of hand. Use a range media such as rice, pasta, noodles, spaghetti, gloop, gelli baff, porridge, jelly etc.
* Water play – Pouring water from cups into large containers then using increasingly small openings e.g. milk bottle.
* Sand play – Pouring and modelling.
* Finger and hand painting. Make lines, letters, shapes with fingers in paint, shaving foam, flour, porridge etc.
* Use a large handled paint brush to paint with and start with big pieces of card and stiff paper.
* Using playdough - rolling into snakes, balls, flattening and using a rolling pin for example.
* Cause and effect push button games and toys, pulling scarves from containers etc.
* Musical instruments – manipulate and explore the sounds made.
* Feeling, catching and throwing a ball; begin with a large ball, move to a smaller ball.
* Finger play rhymes and singing songs with hand movements/ actions/ co-active signs.
* Bubbles – Support child to hold and use bubble wand or adult blows bubbles and encourages child to reach out to pop them.
* Stacking large blocks into a tower, then counting to three before knocking down, encouraging anticipation also.
* Pop bubbles on bubble wrap.

Ideas taken from the Occupational Therapy Service, Ty Gwyn School, Cardiff