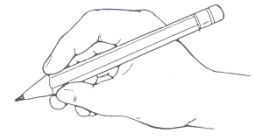




Fine motor skills



Fine motor skills refer to the small muscle movements of the fingers and hands needed to grasp and manipulate objects. Hand strength refers to the strength of the muscles in the hand. Adequate fine motor skills and hand strength are very important to allow children and young people to carry out every day activities e.g. holding a pencil and managing fastenings and laces.

If a child or young person experiences fine motor skill difficulty they may:

- frequently drop objects
- have difficulty with two handed activities
- tire easily during fine motor activities
- avoid fine motor activities

General tips and advice

- Complete short bursts of fine motor activities practice on a daily basis.
- Adopt a stable and supportive position before beginning e.g. sitting at a table with feet flat on the floor or lying on the floor on their tummy.
- Keep it fun and interesting!

Pincer grasp-A pincer grasp is a refined grasp which involves using the pad of the thumb and index finger to pick up and manipulate small objects.



A pincer grasp is very important to enable children and young people to manipulate objects, manage buttons and hold a pencil.

Activities to develop pincer grasp:

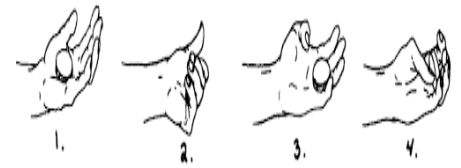
- Household chores:
 - open and close pegs using a pincer grasp to hang washing on the line or clothes horse
 - pick out grapes and berries using a pincer grasp to make a snack
 - help to button shirts, fold them and put them away
 - unzip cushion covers to remove the filler before washing the cover
- Use a pincer grasp to pinch and pull theraputty.
- Use a pincer grasp to open and close tweezers for self-care tasks.
- Hold and squeeze water droppers, using a pincer grasp, for science experiments.
- Pick up sequins and beads for an art activity.
- Use sequins and glitter glue to restyle an item of clothing.
- Card games- pick the card off the table using a pincer grasp.
- Age appropriate board games that involves holding and manipulating small parts e.g. buckaroo, snakes and ladders, operation, and monopoly.



<https://www.pinterest.co.uk/funspot123/fine-motor-activities/>



In Hand Manipulation- *This is the ability to move one or more objects around your hand without using the other hand to assist.*



In hand manipulation enables children and young people to efficiently complete everyday tasks such as; handwriting, using cutlery, holding money and managing fastenings.

Activities to develop in hand manipulation skills.

- Hold 5 coins in the palm of your hand and post them into a money box.
- Jewellery making- placing beads onto the string.
- Crumple up paper using only one hand.
- Pick up small objects from the table using one hand.
- Open lids on jars and bottles using one hand.
- Hold a few marbles in your hand; roll them around the palm of your hand using your fingers.
- Hold a pen or pencil; flip it over 10 times using only the hand holding it.
- Hold a pencil and walk your fingers up to the top of it and back down to the tip.



<https://www.youtube.com/watch?v=8nN-VV1-zcw>

<https://www.pinterest.co.uk/funspot123/fine-motor-activities/>