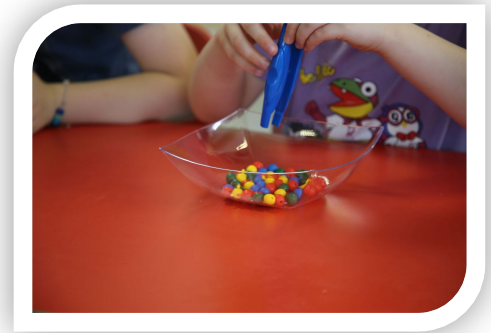


# Occupational Therapy Advice Sheet

## Fine Motor Ideas

Fine motor skills help you to use your hands to complete activities or hobbies such as buttons or sewing by using both hands together, hand strength, grip and finger isolation



### **Possible difficulties children may experience:**

- Fastenings such as buttons, zips or laces
- Using Cutlery
- Holding a pencil
- Pointing
- Using scissors
- Using a ruler
- Card games
- Arts and craft
- Building games
- Opening packets

### **Games and activities to support the child in developing these skills:**

- Baking cakes
- Board games such as Operation
- Cutting and Sticking
- Dressing teddies/dolls
- Duplo/Lego
- Finger painting
- Hammer beads
- Jigsaw puzzles
- Magnetic fishing
- Making bracelets/necklaces
- Model Making
- Musical instruments
- Paper folding
- Paper Mache
- Play-dough
- Posting coins
- Sewing
- Threading/beading
- Tweezers for sorting shapes or colours