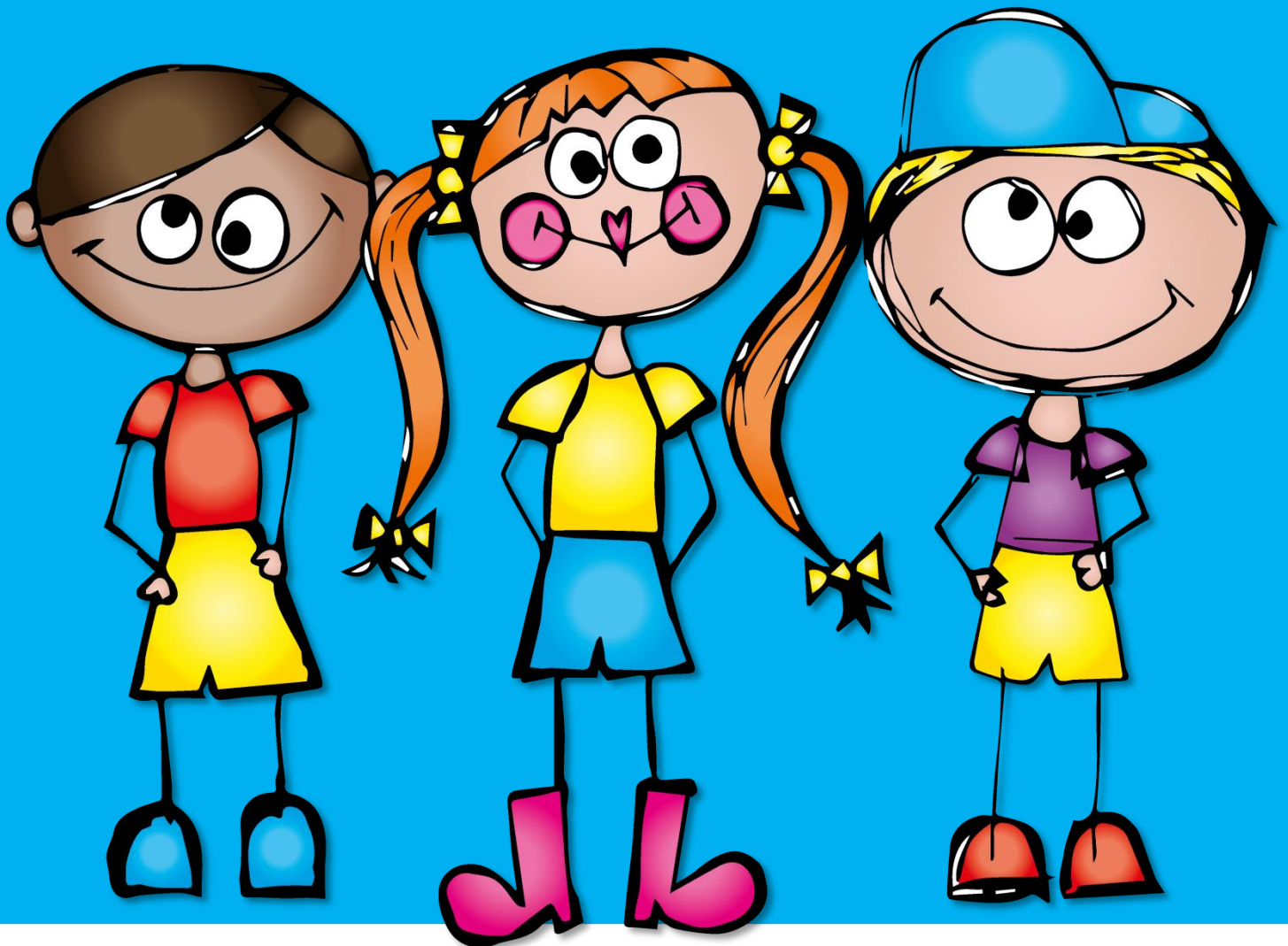


# Encouraging Fine Motor Skills

A Free Parent Resource Pack  
By Ashley Reed  
@Just Reed!



# Fine Motor Skills

Fine motor skills are the coordination of small muscle movements (usually the fingers) in conjunction with the eyes. They include certain actions like writing, grasping small objects, and fastening clothes. Fine motor skills involve strength, dexterity, and fine motor control. There are several activities parents can do at home to help strengthen their child's fine motor skills. Here are just a few of the things you can do:



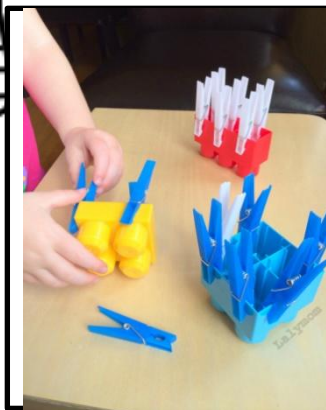
**Weaving:**  
Weave yarn in and out through a cookie cooling rack.



**Play-doh or Clay:**  
Roll it, cut it, stretch it, etc. Using firmer clay is also good because it helps develop more hand strength.

### Clothespins:

Using clothespins encourages strength and gripping abilities. Clip clothespins to mega blocks.



### Tee Time:

Set up golf tees in floral foam. Have children practice placing jumbo and small marbles on top of the tees.



### The Claw:

Everyone loves the claw game where you grab a prize. Use a clothespin as a claw and grab pom-poms to transfer to a cup.



### Straw Necklaces:

Have your child cut colorful straws into pieces. Then have him string them on a necklace.

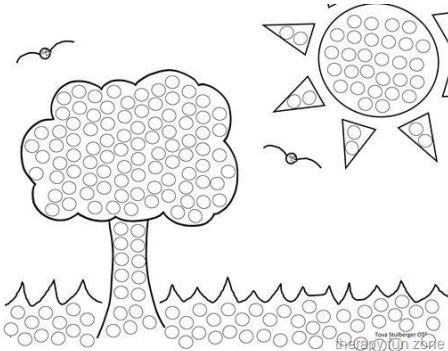




## Nuts and Bolts:



Have a variety of nuts and bolts handy. Children match them up and practice screwing the bolts on.



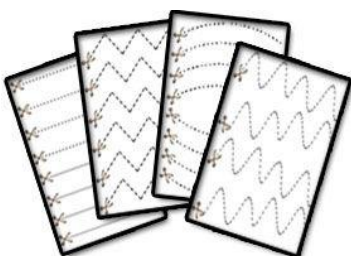
## Q-Tip Painting:

Give students q-tips and tempera paint and have them dot only the circles with paint.



## Crafts:

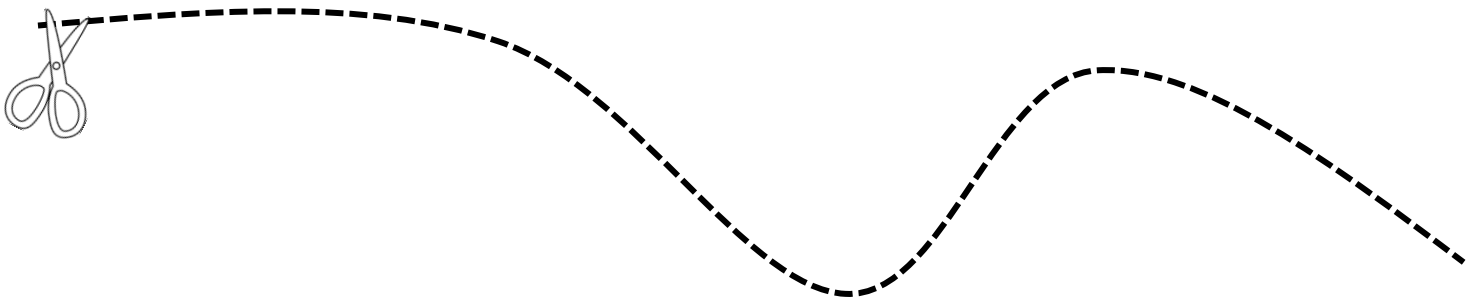
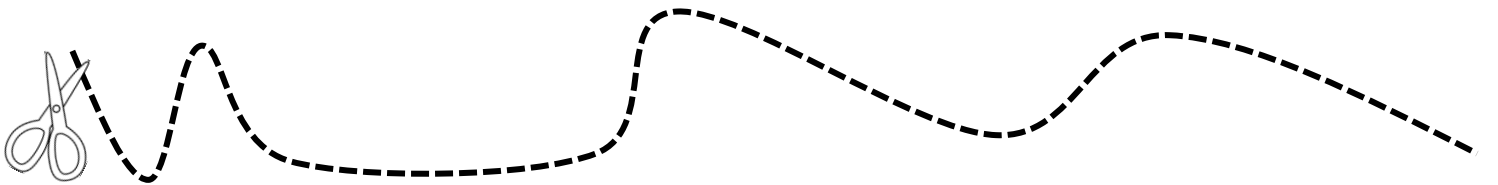
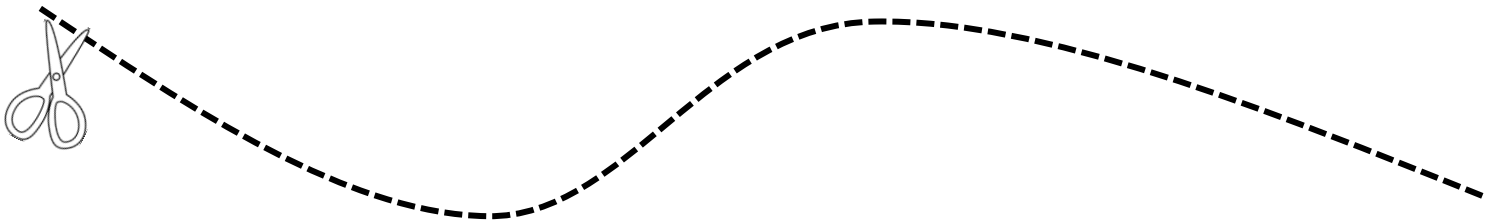
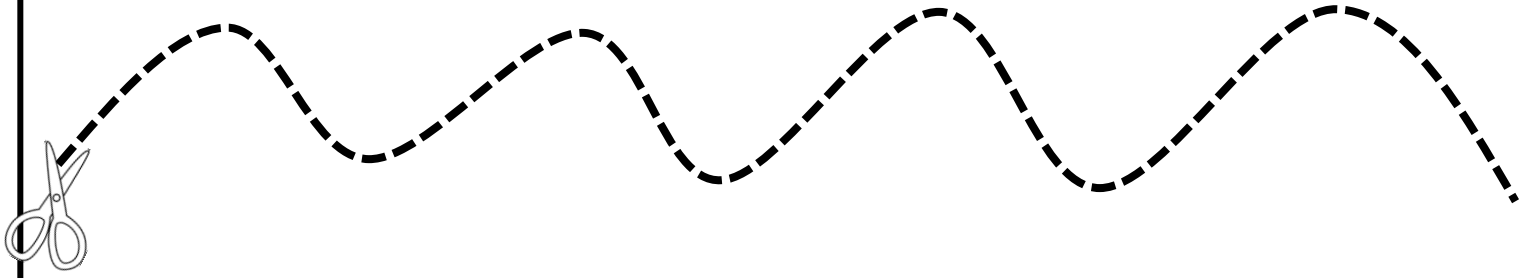
Scour Pinterest for Fine Motor Crafts. Have fun while exercising creativity and developing fine motor skills!

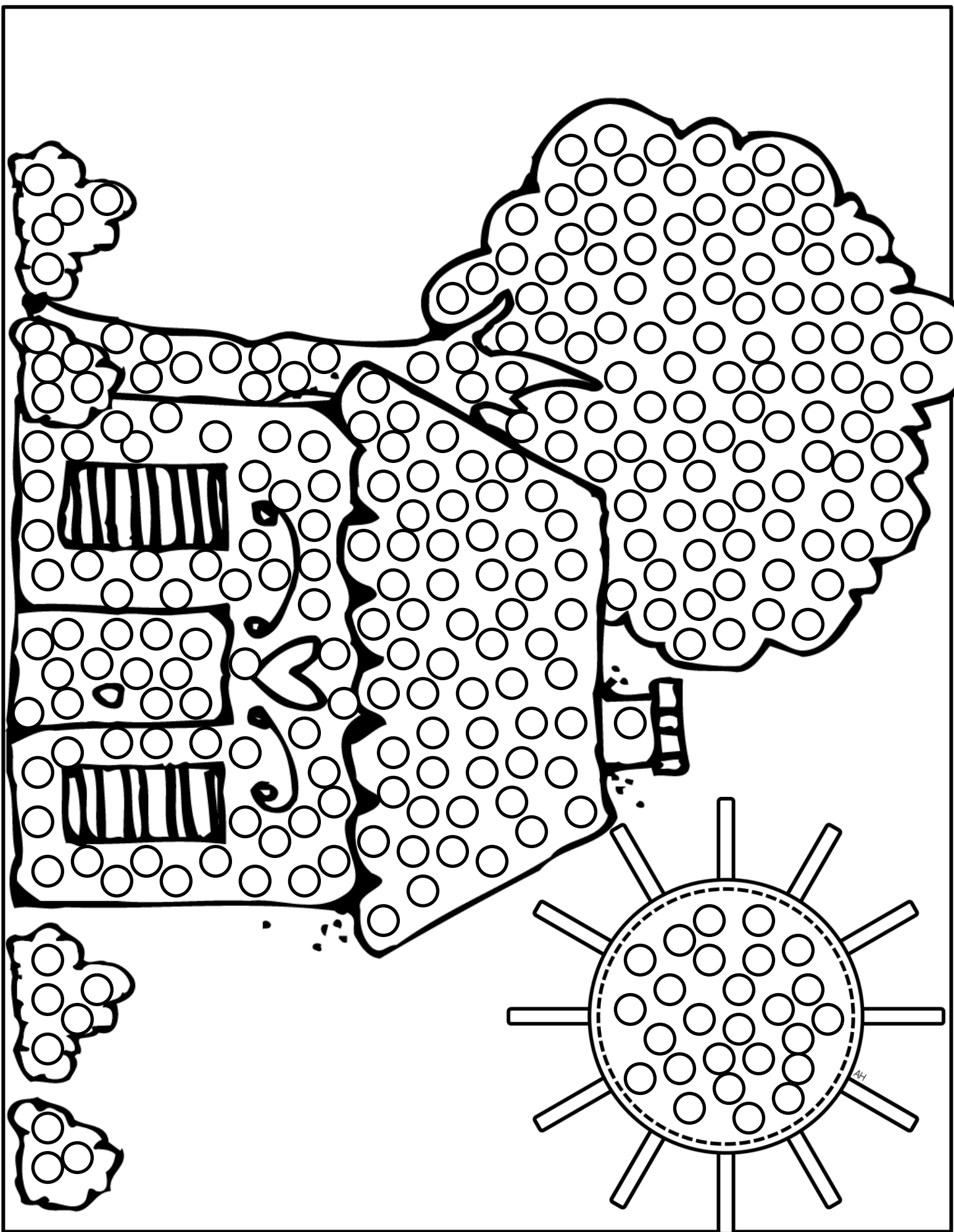


## Cut it Out!

Use scissors to practice cutting a variety of squiggles and lines before expecting children to cut real pictures or tedious images.

# Cut it out!







I create my products using clipart and fonts from the following:



Lovin Lit!

