

Disclaimer: Activities with children must always be risk assessed, including for allergies or choking. Children must always have adequate supervision. Resources and materials must always be appropriate for children's age and stage of development.

Top tips: Home learning ideas to support fine motor skill development

Fine motor skills focus on our ability to make movements using the small muscles in our fingers, thumbs, hands and wrists.

Developing fine motor skills helps children to become more independent, such as when eating, manipulating objects (like twisting off a bottle top) and getting dressed.

Here are some top tips to support parents/carers to develop fine motor skills at home.



- Encourage children to actively participate in care routines, giving them time to practice their skills such as putting toothpaste on their brush, fastening a button or zip, putting on shoes, using cutlery, serving their own food, etc
- Provide jugs and cups to practice pouring at bath time
- Store snacks, toys, playdough etc. in containers with lids for children to take off and put back on
- Encourage children to help at mealtimes by setting the table, peeling and cutting up ingredients (with supervision), mixing, kneading, pouring etc.
- Support children to hang up washing using pegs
- Create homemade jigsaw puzzles, by cutting up cereal boxes or birthday cards
- Provide objects such as conkers to place in and out of ice cube trays
- Make homemade jewellery by threading dry penne pasta onto string or shoelaces.

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NDNA products to support you with these tips

- [Home learning environment](#) – online course.

And more resources at www.ndna.org.uk/hub/myndna