

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: Developing Fine Motor Skills

Fine motor skills refer to physical skills that involve small muscles and hand-eye coordination - these are movements that require control and precision and are necessary to help children use tools, make marks or pick up small objects. Review our top tips to evaluate and develop your team and practice.

1. Complete audits of your environment to review and evaluate the resources you offer to children to support their fine motor skills development
2. Review each of your play spaces to identify the range of activities on offer which promote fine motor skills
3. Share your audit findings with your staff team during a staff meeting, and discuss any gaps in the environment or resources
4. Create an action plan together and problem solve solutions, for example, planning more time for putting on coats and shoes so children can do this independently
5. Use peer observations to observe how fine motor skills are promoted and supported during everyday activities and identify any skills gaps across your team. Offer coaching or mentoring to build staff skills and knowledge in this area of practice
6. Look at daily routines such as mealtimes and putting outdoor clothes on to see how you can maximise opportunities for fine motor skills development.



NDNA products to support you with these tips

- [Equip Motor Skills –online course](#)
- [Physical Activity in Early Years – online course](#)
- [Let's Look at Writing – online course.](#)

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