

Controlling small body movements

Fine Motor Tips

During their first five years, young children undergo more rapid and dramatic changes in their physical development than at any other time in their lives. Changes in body proportion, coordination, and strength occur, as does increasingly complex brain development. Children develop remarkable physical, motor, and sensory capacities that enhance exploration and mastery of the environment.

Families can follow these tips to further their child's fine motor skills:

- 1.** Have your child make a car or truck out of legos or a shoebox.
- 2.** Play with Kinetic sand, make a sand castle.
- 3.** Make a scrap paper collage cutting different color paper and pasting it on a cardboard.
- 4.** Have your child fingerpaint a picture.
- 5.** Make cookies, let your child help stirring the ingredients and cutting out cookies.
- 6.** Encourage your child to zip or button his own clothing.
- 7.** Encourage your child to help you by pulling weeds and planting seeds.
- 8.** Practice writing letters and numbers in shaving cream.
- 9.** Play with modeling clay, make a person.
- 10.** Make your own puzzle by cutting out magazine pictures.
- 11.** Encourage your child to draw a picture of an animal or person.
- 12.** Use puzzles with large wooden pieces.
- 13.** Practice cutting with scissors.
- 14.** During mealtime, teach your child how to use the eating utensils.
- 15.** Play with blocks, build a tower.
- 16.** Practice grasping small items using a thong and cotton balls.
- 17.** Make a necklace using yarn and pasta noodles.