

Parent Resource

5 Ways to Promote Fine Motor Skills

This infographic shows simple ways and everyday tools that can build your child's fine motor skills.

Click the image for the pdf.

5 ways to Promote Fine Motor Skills AT HOME



ALLOW YOUR CHILD TO HELP IN THE KITCHEN

With supervision, allow your child to help tear lettuce for a salad, pour their own beverage with a smaller pitcher and cup, and scoop their own serving of food.



ENCOURAGE YOUR CHILD TO DRESS THEMSELVES

When getting ready for the day, encourage your child to pull up their own pants, put on their own socks, zip up their sweatshirts. Practice with buttons and snaps too!



UTILIZE TOOLS FROM YOUR KITCHEN

Add cotton balls or craft pom poms to a shallow box or container and allow your child to pinch them using tongs. Use plastic pitchers and cups for pouring. Ladles and large spoons are also great for scooping liquids.



OFFER ART ACTIVITIES

Allow your child to paint with various sized brushes and collage with glue and materials. Sculpting with clay, molding play dough, peeling stickers and cutting with child-sized scissors all help to exercise small muscles.



PROVIDE A VARIETY OF OPPORTUNITIES FOR WRITING

Have your child sign their name in a birthday card or help you create a grocery list. Dictate their drawings by asking your child about their picture. This helps them attach meaning to their writing.

LOOK FOR THE MANY OPPORTUNITIES
THROUGHOUT THE DAY!