

Top Tips to Support Your Child's Development

Fine Motor Skills

Teaching Your Child to Develop a 'Pincer Grasp'

1. Pick up small food items such as cheerios, blueberries or raisins.
2. Practice inserting coins into a money box.
3. Post straws or pipe cleaners into your kitchen colander.
4. Put stickers/pictures/labels onto milk bottle tops or coins – lay them face down on a flat surface and ask your child to turn them over using their pincer grasp to reveal the picture.
5. Play 'doctors' and ask your child to peel off plasters from dolly's body.
6. Peel stickers out of a sticker book.
7. Paint with cotton buds.

