

Top Tips to Support Your Child's Development

Fine Motor Skills

Teaching Your Child to Post/Release Objects – an important skill to learn before tackling more complex fine motor skills such as puzzles, shape sorters, threading etc.

1. Drop toys into the bath to make a splash.
2. Put clothes into the washing machine or washing basket.
3. Make a giant animal face out of cardboard and feed the animal food items.
4. Tidy up teddies into a large basket/net bag.
5. Drop small objects or toys into a noisy tin container.
6. Stick some pieces of scratchy Velcro onto a fabric conditioner bottle – add soft Velcro squares to a range of small objects and stick them onto the bottle. Take the lid off the bottle and ask your child to pull the objects off and post them into the top of the bottle.
7. Save the cardboard tubes from wrapping paper. Drop ping pong balls down the tubes catch them in a washing up bowl.
8. Collect plastic bottles and post pom poms into the bottle.
9. Cut small holes into cardboard tubes and ask your child to post pom poms through the holes.

