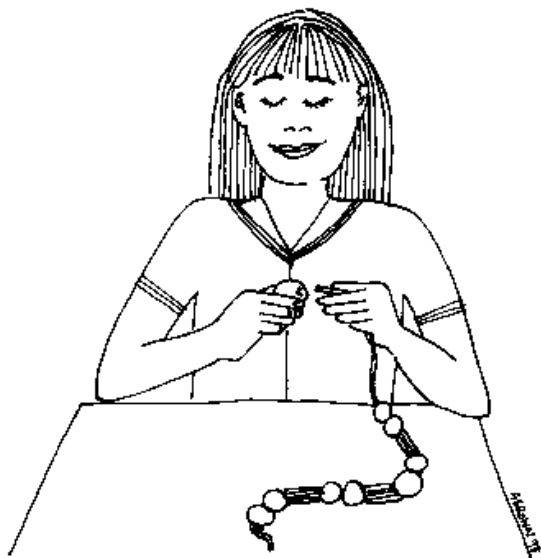




PARENT INFORMATION ✂

FINE MOTOR CO-ORDINATION



DESCRIPTION

Ability to co-ordinate movements of the eyes and hands to manipulate tools and or objects ie. dexterity. It may also involve the ability to perform small precise movements quickly and smoothly ie. with speed.

HELPFUL STRATEGIES

- ☺ Place child's hand in required position if child is unable to copy.
- ☺ Talk about the positions of fingers and hands as you are using them.
- ☺ Use heavy and solid pieces to provide weight for improved control, avoid light toys initially.
- ☺ Work at a level within the child's frustration limit so the child will stay at the activity.
- ☺ Encourage activities requiring hand manipulation.
- ☺ Help stabilise an object while the child completes the task.

ACTIVITIES

Craft

- ☺ **Threading** - Make a necklace by threading macaroni, beads, life savers, straws, Cheezels.
- ☺ **Wrapping** - Wrapping an object with paper, cellotape and string.
- ☺ **Pipe Cleaner Construction**
- ☺ **Activities** - Activities that require colouring, cutting, assembling eg. collages, puzzles.
- ☺ **Modelling** - With clay/plasticine.
- ☺ **Paper Tearing and Pasting Activities** - eg. paper maché, collages.
- ☺ **Craft Activities** - Knitting, crotchet, macrame, knot tying, cats cradle.

Games

- ☺ **Jigsaw Puzzles**
- ☺ **Coin Turn** - Rapidly turn over a line of 20 cents using finger tips and thumb. Work to increase speed. Later use smaller coins.
- ☺ **Spin Coins** - Held on edge by the non-dominant hand, with the index or middle finger braced against the thumb for snapping.
- ☺ **Spin a Wooden Stem Top** - In an outward direction using middle or index finger and thumb. Work for longer periods of spinning time.
- ☺ **Card Games** - eg. Snap, sorting cards, Fish, Solitaire.

☺ **Tweezers** - Pick up rice or small objects with tweezers and drop them into a container. Each child can work to break his own record for the number of objects in a given time.

☺ **Manipulative Games:**

- Jack Straws/Pick Up Sticks.
- Nuts and bolts.
- String games - cat's cradle.

☺ **"Quick Clap"** - First person holds hands in front about a foot apart, second person holds hands together in between, first person claps and second person quickly pulls hands away so as not to be caught in the clap.

☺ **Dolls** - Manipulation of doll's house, dressing dolls etc.

Construction

☺ **Building Blocks:**

- Interlocking initially eg. Sticklebricks, Duplo, Lego.
- Wooden construction blocks heavy → light.

☺ **Construction Games** - with small pieces eg. Meccano, Lego, Knex, Clever Sticks.

Pencil and Paper

☺ **Mazes** - Commence with large mazes and gradually reduce their size.

☺ **Doodling, Drawing Activities & Games** - eg. Pictionary.

☺ **Tracing** - Letter and number shapes, around objects eg. kitchen shapes, hand, foot to encourage the use of two hands together.

General

☺ **Finger Puppets** - Puppets on each finger, play puppet games.

☺ **Action Songs** - Twinkle Twinkle, Wheels on the Bus, Two Fat Gentlemen, Five Fat Sausages, Incy Wincy Spider, Two Little Dicky Birds, Here is the Church, 10 Little Indians.

☺ **Manipulation** - Of toy tea set.

☺ **Clothes Pegs** - Around a box, hanging felt clothes on a line.

☺ **Snap Fingers** - Pad to pad against the thumb. Work for faster speed and louder noise.

☺ **Soap Bubbles** - Have your child blow them, then pop them by poking at them with different fingers, grasping them, flipping them with different fingers, hitting them with various body parts, or throwing a bean bag or small ball at them.

☺ **Balloon Play** - Have your child hit a balloon to a partner or against a wall. Several people may walk forward in a circle while hitting a balloon backward. Involve two or three balloons, keeping them all in the air at the same time. Beach balls may be added for faster action.