

## FINE MOTOR SKILLS

There are many components that are needed to enable effective skills for fine motor function.

Fine motor function is necessary for manipulative skills, construction tasks, use of utensils (cutlery, cutting, pencil skills etc), handwriting and hand co-ordination.

Below are some general guidelines and strategies.

## GENERAL GUIDELINES

- ➡ Aids and adaptations e.g. provision of equipment for home economics – electric tin opener, adapted knives, chopping boards. Use of safety devices e.g. use of a vice in technical work. Think about weight and size of tools child is using.
- ➡ Consider allowing extra time or adapting the requirements of the activity e.g. dressing for PE – plain t-shirt instead of polo shirt with buttons.
- ➡ Also see section on handwriting.

## ACTIVITIES TO TRY

- ➡ Manipulating putty or clay (see specific programmes)
- ➡ Jewellery making, friendship bracelets
- ➡ Craft/science sets
- ➡ Extreme dot to dot books

- ➡ Construction activities – e.g. mechano, model building kits, lego, airfix, nanoblocs
- ➡ Musical instruments – guitar, drums, keyboard
- ➡ Playing cards.
- ➡ Origami
- ➡ Jenga, chess, connect 4.
- ➡ Computer work (for short periods)
  - Keyboard skills
  - Playing on the play-station
  - Wii
  - Nintendo DS
- ➡ Cooking: chopping vegetables and preparing meals.
- ➡ Baking: mixing ingredients, making dough.