

## O T Ideas for Fine Motor Development

The following are activities and games you can engage in with your child to help enhance their fine motor development.

- Have your child play with stiff clay found at the craft store to build strength in their hands
- Have your child use lacing or sewing cards. You can also use a hole punch to punch holes in paper and have them lace yarn through the holes.
- Have your child use tweezers to pick up small objects like beads or plastic animals
- Have your child lace beads
- Do lots of coloring and cutting
- Draw on large sheets of paper on the floor **while laying on their belly**
- Use tactile materials like sand, coffee, and salt in trays for handwriting practice then have your child write their name in the sand with their fingers
- Make paint bags by filling zip lock bags with finger paint and let your child write on the outside of the bag with their fingers

Lots of classic Childhood games are also great for fine motor development. The following is a list of great games to play with your child.

- Leggos
- Pick Up Sticks
- Operation
- Perfection
- Connect Four
- Jax