

FINE MOTOR ACTIVITIES FOR CHILDREN AGED BETWEEN 2-3

Fine motor relates to the ability to use the small muscles in our hands, wrists, fingers, feet and toes.

By developing your child's fine motor skills now, you will set them up for future development in activities such as writing and cutting, buttoning a shirt and helping to dress and feed themselves.

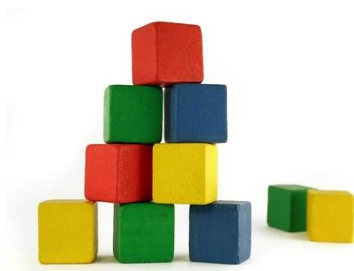
GET CREATIVE AND USE ITEMS IN YOUR OWN HOME

- Use household items **including pots and pans, remote controls (with the batteries removed), kitchen utensils, dustpan and brush, wooden spoons, egg cartons, plastic measuring cups, socks, tea towels etc**
- Re-use **old mobile phones**: the buttons are great for their little fingers
- **Stuff an empty tissue box with scarves, socks, balls, or keys** and let your child try to pull them out
- **Post it notes** are great for your child to post on the floor, walls and doors around the house and pull them off; this lets them explore their environment as well
- **Bury toys in sand** (or substitute with rice at home) and encourage your child to dig for them and pull them out
- **Finger painting**: Get creative and encourage children to use their fingers, hands or vegetable stamps



Building blocks

Show your child how to stack one or two blocks first. Increase the number of blocks and let them see how high they can stack them. To make it even harder get them to pick them up using kitchen tongs



Threading beads on pipe cleaners

Start with bigger beads and show your child how to thread them onto the pipe cleaner. For extra support, placing the pipe cleaner onto playdough will help your child to bead.



Playdough and Pasta

Knead the playdough between fingers. Show your child how to place pieces of dry pasta into playdough. Stick straws or spaghetti into the playdough and thread penne pasta on the 'sticks'



TIPS AND TRICKS

INTRODUCE ACTIVITIES INTO YOUR DAILY ROUTINE



By involving your toddler in everyday activities, you can teach them life skills, routines and responsibilities as well as encourage their independence all whilst working on their fine motor skills – win win!

- Encourage them to become familiar with holding a knife, fork and spoon at mealtimes
- Get them to help put the toys away or clean up a mess

- Involve your little one in activities such as cooking – let them stir ingredients together with a large wooden spoon or use a biscuit cutter
- Ask them to help undress themselves – use zippers/Velcro to begin as buttons can be a bit tricky for their little hands (but still let them try!)

Don't forget that the smaller muscles of the body (like those in the hands and fingers) tire out more easily than the larger muscles in the arms and legs so it is good to keep activities short

SISU7 online store

Sisu7 has a wide range of products that provide children with a variety of developmental outcomes, contributing to their learning, social and academic skills.

<https://sisu7.com.au/collections/children/children-fine-motor>