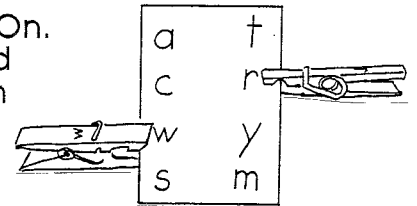


Activities to Strengthen Your Child's Fine Motor Skills

1. Provide a play area that has activities which promote an increase in finger strength such as:

- a) Clothespin Activities: Play Letter/Shape/Color Clip-On. Make the game, using a piece of heavy cardboard and clip-on clothespins. Print a column of letters on each side of the card. Then, label each clothespin with the matching letter/shape/color.



- b) Tweezers Activities: Play a counting game by picking up small objects (beads) and placing them into a container. After practice this could be a timed game to see how long it takes to fill a container by picking up the objects with tweezers.
- c) Pegboard Game or Activities: Use a peg board to make patterns or designs.
- d) Dominoes: Build tall objects or make a dominoe train to knock over.
- e) Tennis Ball Face: Draw a face on a tennis ball and have your child squeeze the ball to change the face.
2. Provide your child with playdough, clay or silly putty. They can roll out and cut with jar lids or cookie cutters to make different shapes. Make imprints in the playdough with different objects.

3 cups of flour

2 tablespoons of cream of tartar

1½ cups salt

3 cups of water

3 tablespoons of oil

10 drops of any color food coloring

Mix and cook over very low heat until not sticky to touch.

3. Have your child string beads or macaroni for a gift or for dress up.
4. Model Clay or Salt Tray: Take a cookie sheet cover it with a thin coat of modeling clay or salt, use a pencil or a similar object to draw letters or numbers in the clay or salt. Then have them erase it with their finger or tap the tray to move the salt.
5. Have your child do written work, painting, coloring or cutting. When coloring and cutting, a crayon or scissors should be held correctly. They can also try this while lying on their stomachs supporting themselves by using their elbows to add difficulty.
6. Have your child do written work on a chalk board or an easel.
7. Have your child do puzzles.