

# Fine motor activities

Here is a range of activities that you can try with your child at home to develop their fine motor skills. Fine motor skills are used to develop your child's small muscles which control their hands, fingers and thumbs.

With the development of these skills, children are able to complete tasks such as holding a pencil, feeding themselves and fastening their buttons/zips.

The more your child experiences these activities the stronger their muscles will become.

# Activity ideas

