

Activities for Fine Motor Development

One of a series of fact sheets produced by the Family Support Service

The following are suggestions on how to improve this control in the child with Hydrocephalus.

Fine motor control is the ability to use ones hands and fingers precisely in a skilled activity such as operating zips, buttons, using scissors and holding a pencil.

- Playdough or putty sausage rolls, pancakes, pizzas, thumb prints, shape cutters, rolling pins.
- Threading-start with large beads and stiff tubing or pipe cleaners. Gradually reduce the size of beads and use laces or string.
- Hand and finger songs e.g. Tommy thumb, Tommy thumb, where are you...
Two fat gentlemen met in a lane...
- Hand Shadows-try to make a bunny, rabbit, dog, butterfly, snail, fish etc. by placing your hands in front of the light from a lamp and making shadows on the wall.
- Pretend play with gloves and finger puppets.
- Lego-start off with large pieces and work onto smaller parts.
- Any stamping, finger painting, potato printing or paper weaving.
- Tiddleywinks or flick ball-using buttons or small counters, see who can flick theirs the furthest. Use a different finger each time.
- Jumping frogs game.
- Peg boards-start large and work onto small. Encourage the use of 3 fingers only and then allow 2 fingers (thumb and pointer).
- "Spirograph" or "Etch a Sketch".
- Sewing cards or lacing cards-a piece of cardboard with holes punched in it will do using wool or a shoelace.
- "Pick up sticks"
- "Snakes and Ladders", "Operation"
- Clothes peg game-use a washing line and peg cardboard shapes or pictures to it. Practice opening and closing the pegs using a two-fingered grip.
- Use tweezers to lift small objects.
- Posting coins, buttons, letters, small shapes into a slot box.
- String or elastic band pictures.
- Flexistraws or "Construct-o-Straws"
- Finger painting
- Water pistol-using pointer finger on the trigger.
- "Popper boards"

If you have any questions or would like further information, please do not hesitate to contact the Family Support Workers at:

Scottish Spina Bifida Association - Family Support Service

Address: The Dan Young Building, 6 Craighalbert Way, Cumbernauld, G68 0LS • Tel: 01236 794516 • Fax: 01236 736435

Lo-Call Helpline: 08459 11 11 12 • E-mail: familysupport@ssba.org.uk • Web: www.ssba.org.uk

This fact sheet is for informational and educational purposes only. It is not intended to replace or be relied on as medical or professional advice.