

# Parent Guide



@twinklparents

We're excited to share this activity with you. If you are interested in finding more exciting, fun and interesting activities for you and your children, then check out these links to different areas of the [Twinkl Parents](#) website.

games



crafts



puzzles



experiments



word searches



## What is this resource and how do I use it?

Print or view this guide on a mobile device and use it to help improve your understanding of fine motor skills. This guide explains what fine motor skills are, what developmental milestones are needed for children to engage in activities and some ideas to get you started.

## What skills does this practise?

Fine Motor Skills

Literacy

Creativity

## Further Activity Ideas and Suggestions

You can find lots more information and guidance on common early childhood education terms and other parenting ideas in our [Parent Guides](#) section.

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## What are fine motor skills?

The term 'fine motor skills' is used to describe small movements of the body, specifically using the fingers, hands and wrists. It encompasses the skills needed to move the hands with purpose, coordination and precision.

## At what age should my child... ?

There is no definitive age by which a child should be able to do certain things in regards to fine motor skills. In fact, the latest framework for EYFS that's used by nursery and reception practitioners has done away with most of its age bands; this was done so that those looking after the children can focus on giving them fantastic play and learning experiences instead of worrying about ticking off their abilities from a list.

Of course, if you're worried that your child may not be developing physically as they should, you can consult with a paediatrician or talk with your child's key person at nursery or reception.

So while we would not recommend trying to track the ages, we've put together some insights in the table below about the types of activities your child can participate in when they've developed certain physical abilities.



## Twinkl Tip:

For younger children, start on a bigger scale, such as chalk on a pavement or 'painting' the fence with water and a big brush. This gives children time to develop their large-muscle coordination. Once this is developing well, children can then work on building small-muscle coordination, such as in their hands and wrists.



## A Parent Guide to Fine Motor Skills

**If your child can...**

**...then you could try...**

hold up their head

lying them down on their tummy or back to kick their arms and legs to make marks in materials.

sit up independently

sitting them in a large activity tray or plastic container to manipulate materials inside.

grasp or hold a tool loosely  
(e.g. pencil, paintbrush)

sitting them at a table to try mark-making activities.

hold a tool (e.g. pencil,  
paintbrush) confidently

use an easel or table to set up a mark-making area and let your child make choices about which activity they would like to try.

Some ingredients and/or materials used might cause allergic reactions or health problems. You should ensure that you are fully aware of the allergies and health conditions of those taking part. If you have any concerns about your own or somebody else's health or wellbeing, always speak to a qualified health professional. Activities listed within the resource should always be supervised by an appropriate adult. Children should be supervised when using sharp items such as scissors or other tools. Please make sure you are aware that children may put craft items into their mouths, and that they should wash their hands afterwards. By using this resource, you acknowledge that it is the responsibility of supervising adults to ensure the safety of children in their care and that we will accept no liability as a result of the activity.



## A Parent Guide to Fine Motor Skills

### Early Writing Activities:

Why not try some of the following fine motor activities at home with your child? Remember, if your child isn't able to do all of these activities, that's okay - find a way to adapt it to suit your child wherever possible.

- Use a finger, paintbrush or stick to trace into a tray filled with sand or another fine material like, sugar or rice. For a dinosaur or farm theme, you could even use dirt!
- Use a child-safe plastic knife to cut soft fruits and vegetables.
- Pinch pegs to hang things on a line or clip around a piece of card. You could even paint the pegs, too.
- 'Paint' a garden fence, patio or wall with large paintbrushes or rollers dipped in water.
- Use tools like biscuit cutters, sticks or stamps in playdough to make imprints.
- Try potato or apple stamps (or other stamps made from cut up fruits and vegetables) dipped in paint and use them to print on paper or other surfaces.
- Draw outside on a wall, fence or pavement with chunky chalks - any lines or scribbles are great!
- Use child-safe scissors to cut up pieces of scrap paper, either randomly or following a line.
- Line up objects - such as toys, pebbles or other small items - in a row according to size or colour.
- While out on walks in natural areas, use sticks to draw in the dirt.
- Even actions that don't leave a lasting mark can be classed as mark making - tracing onto a steamy window, dragging items through puddles or using a squirt gun on paper or a fence.
- Clap out a rhythm along to a song.
- Using a whiteboard and dry wipe pens is a very different sensation - even wiping it off with a whiteboard rubber or piece of tissue is building fine motor skills.
- Dab glue (white glue or a glue stick) on paper or card and stick craft items (e.g. pom-poms, pipe cleaners, etc) or scrap paper to it.

You may also find this more specific guidance for the stages of [pencil grip](#) and [scissor grip](#) useful when helping your child.