

Sloan and Kemp Consultants  
Parent Brochure

ACTIVITIES FOR  
LITTLE HANDS  
2-3 year olds

**Games that help to develop more precise grasps**

*Picking up small objects* - for example, by giving small pieces of food for finger feeding (eg. sultanas)

*Pegs* - taking pegs off the outside of a container and then putting them back on (make a 'crown' by using an ice-cream container with the bottom cut out)

*Threading* - macaroni and beads (make sure the thread is stiff and easy to manage at first)

*Stamps and stamp pads* - have fun with taking the lids off stamps and finding your child's favourite characters by stamping on the paper



Sloan and Kemp Consultants is an organisation of health professionals and educators who provide expert training and consultancy in the field of child development and education.

For further information regarding our quality training for Early Education Professionals and parent groups, please telephone (02) 9528 0907

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*During a child's first few years, fine motor development relies on many different skills and experiences. These are just a few examples of the types of activities that may be helpful.*

*To help your child's fine motor skills to develop, have a range of things for them to play with and try out. If they are reluctant, encourage just short attention to an activity and follow their cues about what they enjoy doing.*

*Remember to keep it fun and playful.*

## Games that help to develop sensory awareness

**Shaving cream or finger paint** - draw simple lines and shapes together or just make a mess

**Textures** - incorporate toys that may have a variety of textures, for example, touch and feel books

**What's in my pocket?** - hide familiar objects in your pocket and play a guessing game with your child where they have to identify the object by feeling it



## Games that help to develop hand strength & stability

**Sand and water** - digging, building castles, making tunnels etc.

**Play doh** - flattening the play doh by pushing with the hands or rolling with a rolling pin. Make shapes by pushing

cutters into the playdoh. Cut the playdoh using plastic knives or utensils. Hide small objects in the doh and tear pieces off it to find where they are.

**Pinch and push construction toys** - for example, duplo

**Water spray bottles** - water the garden or paint pictures using coloured water

## Games that help to develop finger play

**Finger play songs** - for example, "Where is thumbkin," "open/shut them," "eency, weency spider"

**Toys** - that require the index finger to point in order to work - for example, toy pianos with pushdown keys

## Games that help a child to co-ordinate the use of his hands with his eyes

**Blocks** - building towers with blocks and knocking them down.

**Puzzles** - completing inset puzzles, starting with those that have pictures of familiar objects and simple outlines. If your child has difficulty at first, cover up some of the puzzle spaces and put those pieces away. If your child becomes frustrated when trying to insert the pieces, reassure him and give simple verbal cues (for example, 'turn' or 'gently').

**Shape sorters and pegboards** - When using shape sorters, encourage your child to look for the right hole for each shape. Also try using stacking pegboards or ones that can be colour matched.

**Scribbling** - use bright coloured crayons, paintbrushes or thick textas so that your child can easily see the result on paper.

Encourage your child to imitate your movements when scribbling (for example, round and round)

**Drawing simple lines and shapes** - reinforce what your child learns when scribbling by attaching word labels to it and encouraging more purposeful drawing (for example, draw a line down)

**Tongs** - picking up objects using kitchen or teabag tongs. Try making it fun by "fishing" pieces of sponge or other objects out of the water.

