

Sloan and Kemp Consultants
Parent Brochure

ACTIVITIES FOR
LITTLE HANDS
4-5 year olds

Relate cutting to the everyday - use activities that a child already knows or likes to reinforce cutting out. For example, drive a toy car around the shape and then "drive" the scissors around the shape. Remember to drive slowly and to slow the scissors down at corners.

Give good cues - little comments can help a child to get their hands better organised. For example, when cutting "the thumb's the boss" and needs to stay at the top. Putting a sticker on the thumb can also help with this. Don't forget praise as well.



For information on getting ready for writing and drawing, please see our separate leaflet

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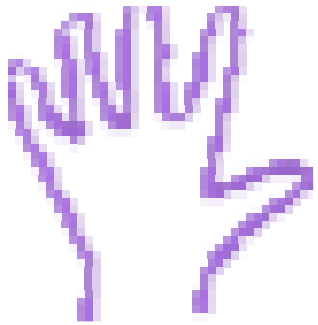
During a child's first few years, fine motor development relies on many different skills and experiences. These are just a few examples of the types of activities that may be helpful.



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 hand strength



Play doh - rolling playdoh with hands or a rolling pin. Hide small objects in the doh and tear pieces off it to find where they are. Roll a snake and pinch ridges on its back all the way along in order to make lizards and dinosaurs. Push playdoh through a garlic press with large holes to make spaghetti.

Pinch and push construction toys - construction toys that have a "pinch and push" action can help to develop strength eg. lego, cleversticks, knex etc. If these are too hard, try magnetic blocks or brush blocks first.

Tongs - use tongs to serve up pretend playdoh food, to sort objects or to "fish" for items in a water tray or small pool

Sponges - put a variety of different sponges in the bath to play with. Squeeze water from the sponges into containers or make bubbles using soap

Paper folding - keep it simple, such as folding paper in quarters and snipping the corners to make paper patterns, or making simple aeroplanes together

Tearing, ripping and scrunching paper - use different sizes and textures of paper as part of a craft activity

Games that help to develop more fine manipulation

Sorting small objects - such as pegs, dried beans, buttons, stickers and seeds etc. Items can be sorted into egg cartons

Playdoh - make a bird's nest and roll small balls for eggs using the thumb, middle and index fingers.

Using tweezers - to pick up and sort small objects, or to hold onto cotton balls and make paintings. If small tweezers are too hard, try using teabag tongs.

Eyedropper games - use an eyedropper to drop water or colour onto target stars or to make a design. Encourage your child to only squeeze one drop at a time

Simon Says - play the game of Simon Says but use mainly hand and finger movements

Commercially available activities - such as pegboards, marbletick, lacing cards, pick up sticks, junior meccano, Mr Potato Head, felt boards, pipe cleaners and sticker books

Games that help to develop cutting skills

Readiness activities - games such as ripping paper, playing with tongs and water spray bottles and playing with hole punchers and staplers (a mini one-hole puncher has to be used with the thumb on top which imitates the cutting out position)

Experimenting - with scissors by snipping straws, playdoh and a variety of papers and thin cardboard

Easier cutting games - include cutting across narrow strips of cardboard, cutting along very thick straight lines, cutting the corners off folded paper to make paper doilies. When children are better at this, move on to curved lines and shapes. Outline shapes and lines with a black texta or coloured highlighter.

