

## Developing fine motor skills

Using finger paint can strengthen your child's hand-eye coordination and manual dexterity. All you need is an easel or a thick piece of paper, some finger paints and a space

Using a clean paint brush write their name on tiles during bathtime, or draw pictures. This can be done outside on a patio or on a fence or wall.

Use different textures to write in e.g. sand, shaving foam, rice and using different types of materials to mark make with e.g. chalk, charcoal.

Stringing together necklaces is a great way for your child to be creative while working on her hand-eye coordination and developing her ability to manipulate objects. To start, give her thick string and big beads or large pieces of dry pasta. Over time, she can work on more complex designs using smaller pieces

Another low-tech activity that can provide hours of fun is string games, like Cat's Cradle. String games help improve finger strength and hand-eye coordination. All you need is some yarn and a little time to teach your child.

Set up two separate bowls, one filled with water and the other empty. Give your child a sponge and have her soak it in one bowl. Then have her squeeze the water out of the sponge into the other bowl. She can transfer water back and forth between bowls, too. This simple game can strengthen hands and forearms. It's especially fun if you throw in some bubbles or some food dye

Play-dough has been a childhood favorite for decades. Not only is it downright fun, but handling play-dough also develops some important skills. Squeezing and stretching it helps strengthen finger muscles, and touching it is a valuable sensory experience.