

## Using Common Household Objects to Develop Fine Motor Skills

### 1. Q-tip/cotton ball painting

- Material: Q-tips/cotton balls, paper, paint
- What to do: create a template or let your child get creative while painting with Q-tips or cotton balls
- Purpose: to develop grasp and build the small muscles in the hand



<http://mommart.blogspot.com/2013/05/q-tip-painting-craftsforkids.htm>

### 2. Clothespin matching

- Material: clothes pins, color paper, markers
- What to do: draw a color dot on each tip of the clothes pin. Have your child match and clip the clothes pin to the colored paper
- Purpose: to develop pincer grasp, strength and fine motor control



<https://onelittleproject.com/paint-swatch-clothes-pin-matching-game/>

### 3. Muffin tray sorting

- Material: muffin tray, blocks with different colors, buttons, pom poms, coins, beads, paper clips, etc.
- What to do: start with larger objects and have your child place them into separate holders and remove. Try placing 5 objects in your hand at once and insert one at a time. Work up to smaller objects to increase difficulty.
- Purpose: to improve in-hand manipulation and grasp



<https://www.learning4kids.net/2012/03/01/sorting-buttons/>

### 4. Make your own puzzle

- Material: cereal box, scissors, marker
- What to do: cut off the front of a cereal box. Draw lines on the back and cut them into pieces. Have your child put it back together to create the puzzle
- Purpose: to work on eye hand coordination and visual perception

