

# *FINE MOTOR SKILLS*

## *BIRTH TO 1YEAR*



Northamptonshire  
County Council

*Give the child time to think and respond*

*Remember to reward with praise*



### *0-3 months*

First stages of fine motor skills start to develop within the first few months as baby starts to become more aware of their hands. Baby watches movement of their own hands opening and closing and engaging in finger play, using their primitive reflexes.

As baby starts to open its hands the adult should encourage the hand reflex by touching the palm, the baby will start to grasp the finger.

**Grasping, Mouthing and Holding** – place small bright, shiny and/or noisy objects in baby's hand.

**Brings hands to mid line** – To encourage baby to bring their hands together, initially use hand over hand support and guidance.

#### *Suggestions to develop fine motor skills*

Small rattle ball	Mini Maracas
Koosh Ball	Pieces of foil blanket
Bubble Wrap	Small hand held light spinner
Pieces of sponge	Jelly Play- always dissolve jelly cubes
Soft squeaky toy	Textured material – soft, shiny, rough, smooth and furry
Stings of beads	Keys
Bells ( attach to wrist or place in hand)	

*All activities are to be carried out with adult supervision only*

### *3-6 months*

When offered a toy or object baby will reach for it immediately and shake deliberately to make a sound, often regarding it closely at the same time.

Baby manipulates objects attentively passing them frequently from hand to hand. Baby takes everything to mouth. Reaches for a toy with one hand and explores with both hands.

**Reaches and Grasps** – adult to hold small toys or objects in mid line and to both sides.

**Transferring hand to hand** –adult to use hand over hand to guide baby's hand and model transferring.

#### *Suggestions to develop fine motor skills*

Bubbles / Ball baubles	Bright shiny objects
Dangle items / Ribbons etc	Mirrors / Musical toys
Baby gym	Small balls / Bricks
Tinsel Ra Ra	Squeaky toys
Suction toys	Slinky / Tinsel / Ribbons
Light Spinners /Wands	Rattle / Bells
Hand / Finger puppets	Torches / Flashing lights

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### ***6-9 months***

At this stage a baby will begin to reach and grasp a moving object. They will be able to follow an adult pointing towards an object or person, before poking at small objects with their index finger. They will begin to pick up small objects between finger and thumb with an 'inferior' pincer grasp.

Baby will begin to use both hands freely but may show a preference for one. They will start to hold toys one in each hand, and bang together to make a noise.

- ❖ **Grips object with finger and thumb together**
- ❖ **Bangs two objects together/claps**
- ❖ **One handed reaching**

### ***Suggestions to develop fine motor skills***

Small rattle / Ball	Mini Maracas
Spoons / Angled spoons	Bricks
Cups – one and two handled	Small world toys / Soft toys
Sponge	Clapping games e.g. Pat a cake
Soft squeaky toy	Small cymbals
Strings of beads	Keys
Every day objects	Bubbles

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### ***9-12 months***

Baby will now start to pick up small objects with a neat pincer grip and place one object on another, before knocking down. They will begin to point and prod with index finger to objects of interest.

They start to shake toys deliberately to make a sound, will give toys to adults on request and sometimes spontaneously.

They will also start to play clapping games, attempt to use a spoon with adult support and begin to wave bye bye.

- ❖ **Points and prods with one finger**
- ❖ **Neat pincer grip**
- ❖ **Places one object on another**

### ***Suggestions to develop fine motor***

Play dough / Sand	Raisins / Chocolate button
Finger paint / Messy play	Finger foods
Bath bubbles – poke & pop	Small cube / Brick / Beads
Pictures in books	Easy inset puzzle with handles
Pat mats	Rings / Bangles
Soft ball / Keys	Duplo / Magnetic blocks
Sponge / squishy toys	Finger puppets

***All activities are to be carried out with adult supervision only***