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**
- **Koosh Ball**
- **Bubble Wrap**
- **Pieces of sponge**
- **Soft squeaky toy**
- **Stings of beads**
- **Bells** (attach to wrist or place in hand)
- **Mini Maracas**
- **Pieces of foil blanket**
- **Small hand held light spinner**
- **Jelly Play** – always dissolve jelly cubes
- **Textured material** – soft, shiny, rough, smooth and furry
- **Keys**
- **Bubbles / Ball baubles**
- **Dangle items / Ribbons etc.**
- **Baby gym**
- **Tinsel Ra Ra**
- **Suction toys**
- **Light Spinners / Wands**
- **Hand / Finger puppets**

*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**
- **Dangle items / Ribbons etc.**
- **Baby gym**
- **Tinsel Ra Ra**
- **Suction toys**
- **Light Spinners / Wands**
- **Hand / Finger puppets**

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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 holds 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

<table>
<thead>
<tr>
<th>Small rattle / Ball</th>
<th>Mini Maracas</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spoons / Angled spoons</td>
<td>Bricks</td>
</tr>
<tr>
<td>Cups – one and two handled</td>
<td>Small world toys / Soft toys</td>
</tr>
<tr>
<td>Sponge</td>
<td>Clapping games e.g. Pat a cake</td>
</tr>
<tr>
<td>Soft squeaky toy</td>
<td>Small cymbals</td>
</tr>
<tr>
<td>Stings of beads</td>
<td>Keys</td>
</tr>
<tr>
<td>Every day objects</td>
<td>Bubbles</td>
</tr>
</tbody>
</table>

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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

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

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