**Helping to improve motor skills**

* It’s important to make sure that these activities are fun for you and your child.
* Give lots of praise and encouragement.
* Do not add pressure to you or your child!

**Improving Gross Motor Skills**

* Visit play areas with climbing equipment, tunnels etc.
* Walk as often as possible
* Make obstacle courses through furniture/in the garden for your child to crawl through and over
* Play balloon/ball games
* Play ‘wheelbarrow’ games, push ups, wall push ups
* Play ‘Swing ball’
* Skittle games
* Encourage target practice, e.g. throwing a beanbag into the wastebin, if successful increase the distance
* Go swimming
* Liaise with school and practice any skills that will be needed in PE, e.g. throwing/catching a ball

**Fine Motor Skills**

* Baking and encourage rolling pastry, using cookie cutters
* Playing with play dough/plasticine/pipe cleaners
* Popping bubble wrap
* Finger puppets
* ‘Pick a stick’ game
* Toys such as ‘Etch a sketch’
* Threading games – pasta necklace, repeating patterns, poking straws into holes
* Knitting, sewing
* Using tweezers to pick up small objects from a tray

**Visual Perception/hand-eye coordination**

* Play matching games, e.g. dominoes, snap, pairs
* Jigsaw puzzles, aimed at the right level, with help and encouragement from an adult
* Dot-to-dots puzzles
* Word searches, word mazes
* Where’s Wally books
* Remote control cars
* Pelmanism