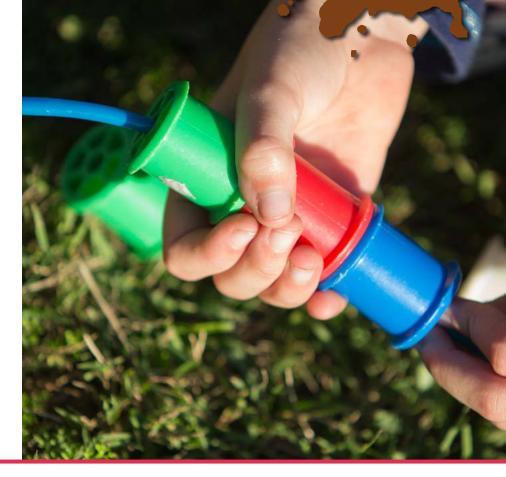
Essential ingredients for healthy development

FINE MOTOR

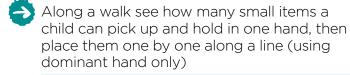
In Hand Manipulation

The ability to pick up an object and move it about in one hand is referred to as in-hand manipulation. This is important to be able to hold items and not drop them but also to be able to use an object for sustained, precise and controlled movements such as a pencil.









See if you child can remove all the sand from their hand without using the other hand or their body

Ripping up and scrunching up leaves



make it easier

 When first starting use larger items that are not circular which will make it easier to hold and manipulate.



+ See if you can flip sticks around within your fingers or move around two rocks around in your hand without them touching each other

