

# 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.

### Activity ideas

- ➔ Practice tying knots [www.animatedknots.com/basic-knots](http://www.animatedknots.com/basic-knots)
- ➔ Along a walk see how many small items a child can pick up and hold in one hand, then place them one by one along a line (using dominant hand only)
- ➔ 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.

### add challenge

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



Play,  
movement  
and time  
outside