

Essential ingredients for healthy development

FINE MOTOR

Finger Isolation

The ability to move our fingers individually is an important skill to be able to do things like play musical instruments, tie shoelaces and type on a computer.



Activity ideas

- When out for a walk point out interesting sights using your index finger and have your child do the same
- Make rings using sticks, flowers and leaves and practice putting them on and off your fingers one at a time
- Shadow puppets
- Draw pictures in the sand using your index finger

Play,
movement
and time
outside