

# Essential ingredients for healthy development

Play,  
movement  
and time  
outside

## Fine Motor Skills

OTs number 1 pick for fine motor development: Sticks

There are so many different activities that you can do with sticks, that help develop large and small motor skills.

Here are a few ideas to start:

- » Use fingers to peel off the bark
- » Use sandpaper to smooth or rough sticks
- » Whittling - depending on the skills of your child use a potato peeler or pen knife. Adult supervision advised
- » Plant labels for the garden
- » Spears to aim for target practice
- » The perfect marshmallow (or damper) holder for the campfire
- » A fish hook [www.motherearthnews.com/diy/tools/carve-a-fish-hook-ze0z1712zburger](http://www.motherearthnews.com/diy/tools/carve-a-fish-hook-ze0z1712zburger)
- » Bushwalking sticks
- » Build stick rafts, catapults [www.science-sparks.com/how-to-make-a-giant-catapult](http://www.science-sparks.com/how-to-make-a-giant-catapult)

Make sure your child has lots of chances to play with sticks. If you're not convinced, refer to the comments on risk in the Play and Movement in Nature info sheets