

For further information about this service contact:

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We've produced a short video for children and families explaining the Covid 19 changes when visiting sites. The video walks through a clinic visit and has been created from a child's point of view - watch here: <https://vimeo.com/456074930>

To access our website page, visit:
www.cambscommunityservices.nhs.uk/BedsandLutonOT
or scan this QR code



Parking
Disabled parking spaces are available near the entrance at both venues and there is ample other free parking.

If you require this information in a different format such as in large print or on audio tape, or in a different language please contact the service on the details above.

If you have any compliments about this service or suggestions for improvements, contact our Patient Advice and Liaison Service on 0300 131 1000 (charges may apply depending on your network) or email: ccs-tr.pals@nhs.net.

For free, confidential health advice and information 24 hours a day, 365 days a year please contact NHS 111.



Tips for developing Fine Motor Skills

Paediatric Occupational Therapy



The following are activities to try with your child at home to develop their hand strength, grasps and in hand manipulation skills.

General hints and tips:

- Playing games with blocks and peg boards.
- Play games with cards, allow the child to be the dealer or make a house of cards.
- Work on stringing/lacing activities; lacing cards, lace projects, sewing or cross-stitch.
- Use tweezers to sort coloured various sized buttons into boxes.
- Games such as Jacks, Pick-up Sticks and marbles.
- Dot to dot games, mazes, tracing, colouring in within the lines.
- Travel games (Ludo, Snakes and Ladders etc.) – small pieces help to develop a pincer grasp.
- Domino rallies – setting up and knocking down.
- Origami – Paper folding into animal, boats etc. There are lots of designs available online.
- Dice games.



- Spray bottles, squirt games.
- Sticker books.
- Inset puzzles and jigsaw puzzles.
- Chalkboard activities – copying shapes I – O \ / X +
- Finger painting, collage work, cutting and sticking.
- Sticking activities using a glue stick.
- Baking and cooking.
- Duplo, Lego, modelling etc.
- Manipulating play dough/putty/blutac: rolling it into small balls, long rolls etc.
- Tearing papers into fine strips – uses them for collage or crumple them into balls. Maybe have a game of table top football (flick the paper balls in a goal).
- Screwing up whole pieces of newspaper in one hand at a time to develop strength, throw them onto a target to develop aiming skills.
- Cutting out with scissors.
- Manipulating clothes pegs to pick up small objects.
- Performing finger plays with finger puppets.
- Water play – pouring from one container to another, squeezing water out of sponges.

