

Fine motor through food



Food is a great way to engage children in developing their fine motor and hand co-ordination skills.

Cooking or sensory cooking tasks can improve hand control and can strengthen the muscles in both hands and arms.

You can do this at home by:

- Helping to prepare their own snack or lunch.
- Cutting fruit
- Squeezing the juice from a fruit.
- Making smoothies
- Pretending to model food from playdough
- Using a grater
- Cooking together
- Food art like face pizzas or painting bread.



PLAY DOUGH DINNER

to practice knife and fork skills

