

PLAY & LEISURE FUNCTIONAL/MANIPULATIVE PLAY

REACH, GRASP AND RELEASE

Reach, grasp and release are fundamental fine motor skills. At this early stage it is important to begin to develop these skills as they are building blocks to complex fine motor skills which develop later.

ACTIVITY IDEAS

- Provide a variety of objects to reach for.
- Offer toys that fit in one hand as well as bigger objects that require a two-handed grip.
- Vary the shape and texture of objects. Picking up a soft ball, for instance, requires different skills than grasping a wooden cube.
- Use both still and moving objects within reach.
- Then start to put toys just out of reach and then to your child's side, so they must turn their body to grasp them
- **"Give me the toy"** - ask your child to give you a toy. Start by placing their hand and the object on your palm so that they only have to let go. Use the same phrase whenever you play this game. Take it in turns with your child. Move further away from your child as they get the hang of it.
- **Treasure box** - have a box with objects of different textures inside e.g. wooden spoon, sponge, hair brush, plastic necklace, silk scarf, koosh ball, cotton wool etc. Encourage your child to explore the objects, tip the objects out of the box and put them back.



- **Pots and Pans** - plastic bowls, Tupperware, cutlery. These can be great fun for making lots of noise as well as practising release!
- **Building Blocks** - you can build towers together and then have lots of fun knocking them down.
- **Stacking Cups** - you can build towers with them or put them inside each other.