



Fine Motor Skills in the Kitchen

Baking and cooking provide several opportunities to develop fine motor skills. With the holidays approaching, this is a perfect opportunity to get in the kitchen! Below are some baking and cooking activities to try and the skills that they build upon:

- * Forearm control
 - Stir batter with a wooden spoon (keep in mind, the thicker the batter, the more challenging).
 - Carry cookie sheets or mixing bowls
 - Use a metal spatula to pick up/flip cookies, pancakes or quesadillas
- * Developing hand strength
 - Squeeze icing pouches or piping bag.
 - o To make this more challenging, practice writing letters, shapes or pictures
 - Knead dough
 - Make tiny cookies by rolling small balls of dough between your thumb, pointer and middle finger
 - Make a fun design on the edge of piecrust by pinching the dough.
 - Sprinkle sprinkles or cooking spices using just your thumb and pointer finger together to spread.
- * Use of two hands together (bilateral integration)
 - Use a rolling pin to roll out dough (pie dough, cookie dough, pizza dough)
 - Use palms of your hands to roll items into balls (meatballs, cookies, matzo balls)
 - Open/close screw off lids or pull off lids
- * Following a recipe addresses multi-step direction following, working memory, organization skills and sequencing.
 - Provide your child with a simple recipe to start. Think about whether the recipe should include pictures, numbers, simple words, etc. so that it is a “just right challenge” for your child to follow along. Remember to always ask your child “what’s next”.
- * Make sure your child is supervised in the kitchen at all times.



Have fun! ☺

District Occupational Therapists