

Why Decorating Christmas Cookies is THE BEST Fine Motor OT Activity! (Backed by OT)

Looking for a fun way to build your child's fine motor skills at home?

Grab the frosting and sprinkles — because cookie decorating is secretly one of the BEST OT-approved activities for little hands! 🙌🙌💛
Here's why this sweet activity delivers BIG developmental benefits



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🌸 Builds Hand Strength

Squeezing icing tubes, pressing cookie cutters, and adding toppings all strengthen the small muscles needed for handwriting, buttoning, and opening containers.

🌈 Improves Precision & Coordination

Decorating requires control! Drizzling icing, placing sprinkles, and tracing shapes help boost hand-eye coordination and overall dexterity.

👉 Boosts Bilateral Coordination

Holding the cookie with one hand while decorating with the other helps kids practice using both hands together — a key skill for cutting, tying shoes, and coloring

😊 Supports Emotional Regulation

The smells, textures, creativity, and predictable steps make cookie decorating naturally calming and engaging. Perfect for practicing focus and following directions.

👁️ Strengthens Visual-Motor & Pre-Writing Skills

Lines, circles, zigzags, shapes... decorating mirrors the same strokes kids need for handwriting

👏 Builds Independence & Confidence

Kids love seeing their designs come to life. That sense of accomplishment boosts confidence and encourages task initiation and sequencing

🧁 Bonus: Sensory Play That Kids Actually Enjoy

Sticky, crunchy, warm, colorful — it's the perfect way to explore textures in a motivating (and tasty!) way

So next time you bake with your child, remember — you're not just making cookies. You're building fine motor skills, sensory awareness, and confidence... one sprinkle at a time. 🧡🌟



A collection of various shaped sugar cookies decorated with white, green, and red icing. Some are shaped like stars, hearts, and trees. The background is a light-colored surface, possibly parchment paper.

Easy Sugar Cookies

Ingredients:

1 cup unsalted butter, softened

1 cup sugar

1 egg

1 teaspoon vanilla

1/2 teaspoon salt

2 1/2 cups sifted flour

Directions:

Cream together butter & sugar. Beat in egg. Add last 3 ingredients & mix until well-blended.

Chill dough 3-4 hours. Preheat oven to 350.

Roll out onto a lightly floured counter to 1/4" thick & cut with cookie cutters. Transfer to parchment paper lined cookie sheets. Bake 8-10 minutes or until lightly colored. Let cookies cool & decorate with icing.

*Makes 16-24 cookies