

Fine Motor Development



The most important activity that you can do for your pre-school child to help to them prepare for writing in kindergarten is PLAY. Encourage your child to go outside to climb, swing, push/pull, dig in the sand box, and toss/catch balls. Support daily time on the belly on floor to color, read books, talk, or push toys. Promote independence in dressing skills, especially pulling up pants and pulling down shirt. Facilitate development of your child's core body strength and control for future writing tasks by showing them how to stand or sit at an easel or inclined surface to paint, color and draw.

When your child is social, eager and able, you can work on pre-writing activities.

- Hand dominance (4 – 5 years)
 - use one hand to reach across body to find puzzle pieces
 - child traces a stencil with one hand and holds stencil with other
- Grasp on scissors: one hand with thumb-up
 - Snips (3 years old) - strips of sturdy paper (i.e. oaktag, old envelopes)
 - Cuts (3-4 years old) - 6-inch sturdy paper into 2 pieces
- Grasp on writing tool: Tripod grip - 2 fingers and thumb (4 years old)
 - use small pieces of crayons to color
- Pre-writing form/shape:
 - Vertical line and horizontal line (2 - 3 years old)
 - Circle (3 years old)
 - Cross (3 -4 years old)
 - Triangle and Square (4 years – 5 years old)
 - Diamond and Capital Letters (5-6 years old)

Model forming the above strokes and shapes /child imitates.

- form in paint, pudding, sand, sugar, salt
- standing at easel to hold small piece of chalk or paint brush
- use small pieces of crayons