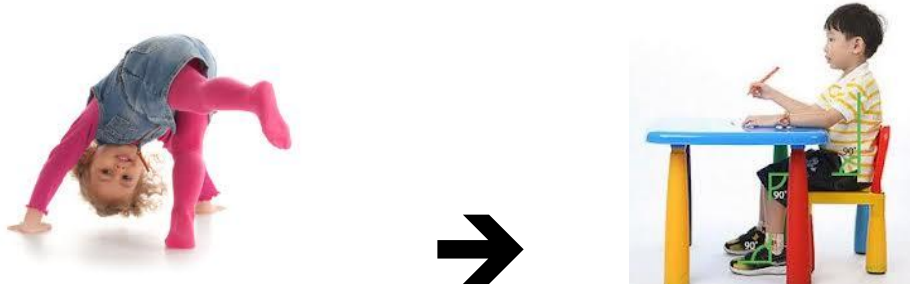
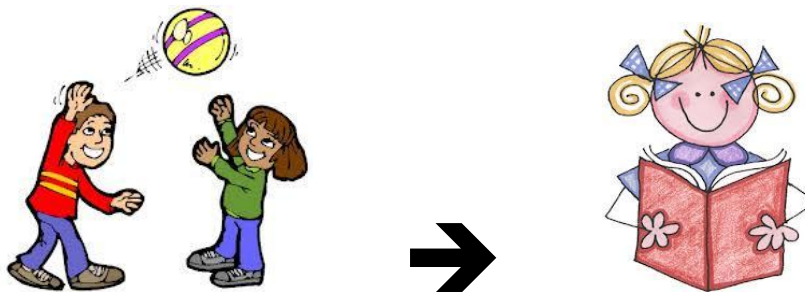


## Preschool Play: Play To Learn

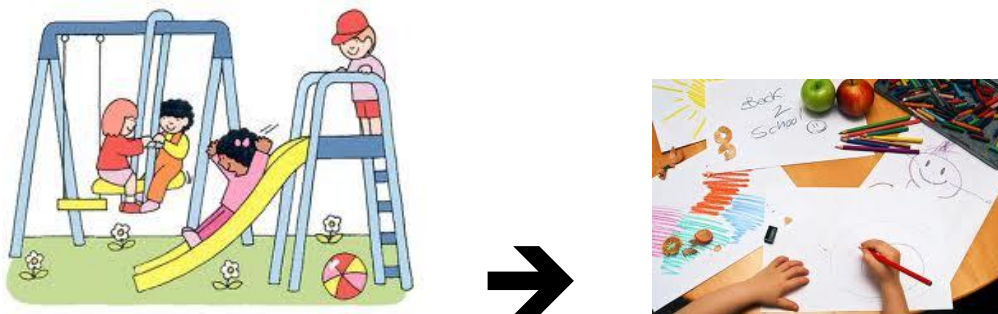
While engaged in movement, children are developing the ability to be more skillful movers. They work on balancing and gaining control of the trunk when doing large motor tasks, so important for future work of sitting at a desk and maintaining upright posture for reading and writing.



Learning to throw, catch, kick, strike and bounce (object control skills) helps develop eye-hand and other visual-motor skills necessary for reading and writing.



Free play provides valuable feedback to muscles and joints helping children develop an inner feel of where their body parts are in space. Later on, in kindergarten, body awareness supports focus when writing letters on a page. Children can focus on letter formation rather than having to concentrate on where their fingers are on the pencil or how the pencil is moving.

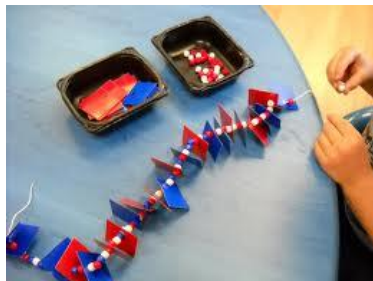


The ability to stabilize and control movement of the head, trunk and shoulders is important for direct reaching and support for forearm, wrist and finger actions required

for fine motor activities. Home easels and “tummy time” prepare the spinal, neck and eye muscles for good writing and reading posture and visual-motor skill development.



Fine motor activities support development of forearm, wrist and hand muscles and joints for cutting, coloring, drawing and writing.



CCIU: Occupational Therapy Consultants