

Let's Get Ready to learn about



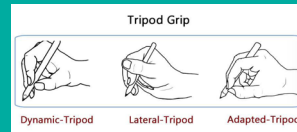
Fine Motor Skills

PENCIL GRIPS

Holding the pencil correctly is difficult for preschoolers. Begin early, as soon as your child is interested in using a crayon.

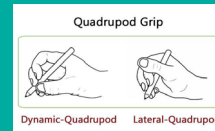
WHAT IS THE CORRECT PENCIL GRIP?

- 1) Tripod grip - pinch with thumb and pointer finger, pencil rests on middle finger.



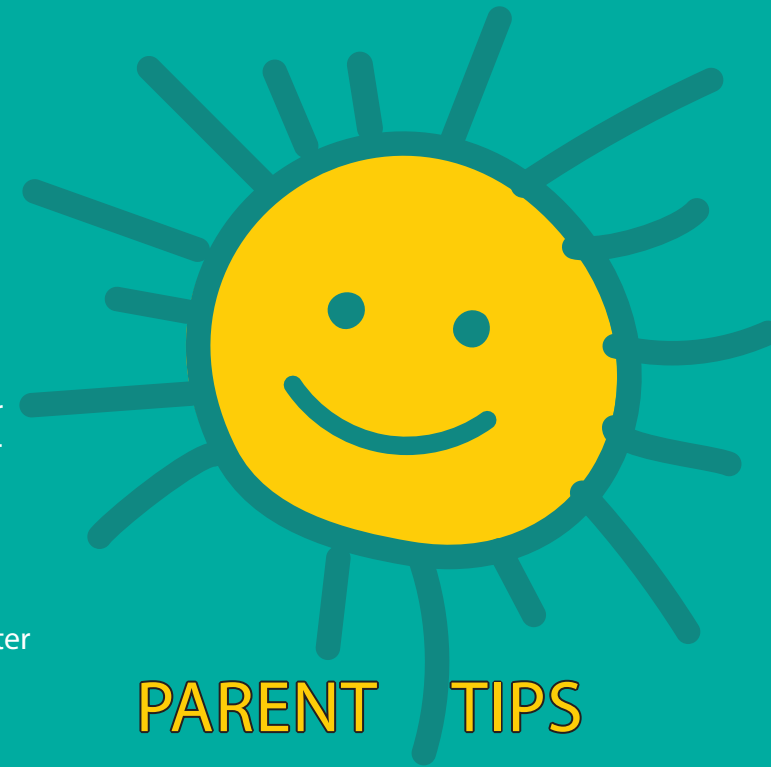
- 2) Quadropad Grip - pinch with thumb and pointer finger/middle finger together.

Pencil rests on the ring finger.



WAYS TO IMPROVE PENCIL GRIP

Start with little broken pieces of crayon or chalk because children naturally hold them with their fingertips.



PARENT TIPS

- Set a time to write, draw, and colour for 15 minutes each day. Correct your child's grip, if necessary, during this time.
- Allow your child to use a paint set and painting easel.
- When colouring, encourage your child to outline boundaries first and colour with little strokes, using a back and forth motion in one direction.
- When cutting, hold scissors in a thumbs up position. Encourage movement of the paper, not the scissors.
- Encourage your child to use silverware properly.
- All your child to button and unbutton his/her clothing while dressing and undressing.

SKILLS CHECKLIST

By kindergarten, your child should be able to:

- Hold scissors correctly in a thumbs up position
- Use blocks to build
- Cut simple shapes
- Spread glue with a glue stick
- Draw a person with four or more body parts
- Copy simple shapes (X, square)
- Dress and undress self independently
- Print some letters, such as letters in name (work on printing name using a capital letter followed by lower case letters)
- Use the same hand, without switching, during a drawing, colouring or printing activity
- Put together simple puzzles
- String small beads
- Independently button and unbutton, zip and unzip

FUN ACTIVITIES TO EXPLORE

- String beads
- Tear newspaper
- Spray with a spray bottle
- Use an eye dropper
- Draw/write on a chalkboard
- Use small screw driver
- Draw with sidewalk chalk
- Put paper clips on a piece of paper as fast as possible
- Build with blocks and Lego
- Pick things up with tweezers
- Lacing and sewing activities
- Play connect the dots
- Use hole punchers
- Use clothespins
- Finger paint with shaving cream

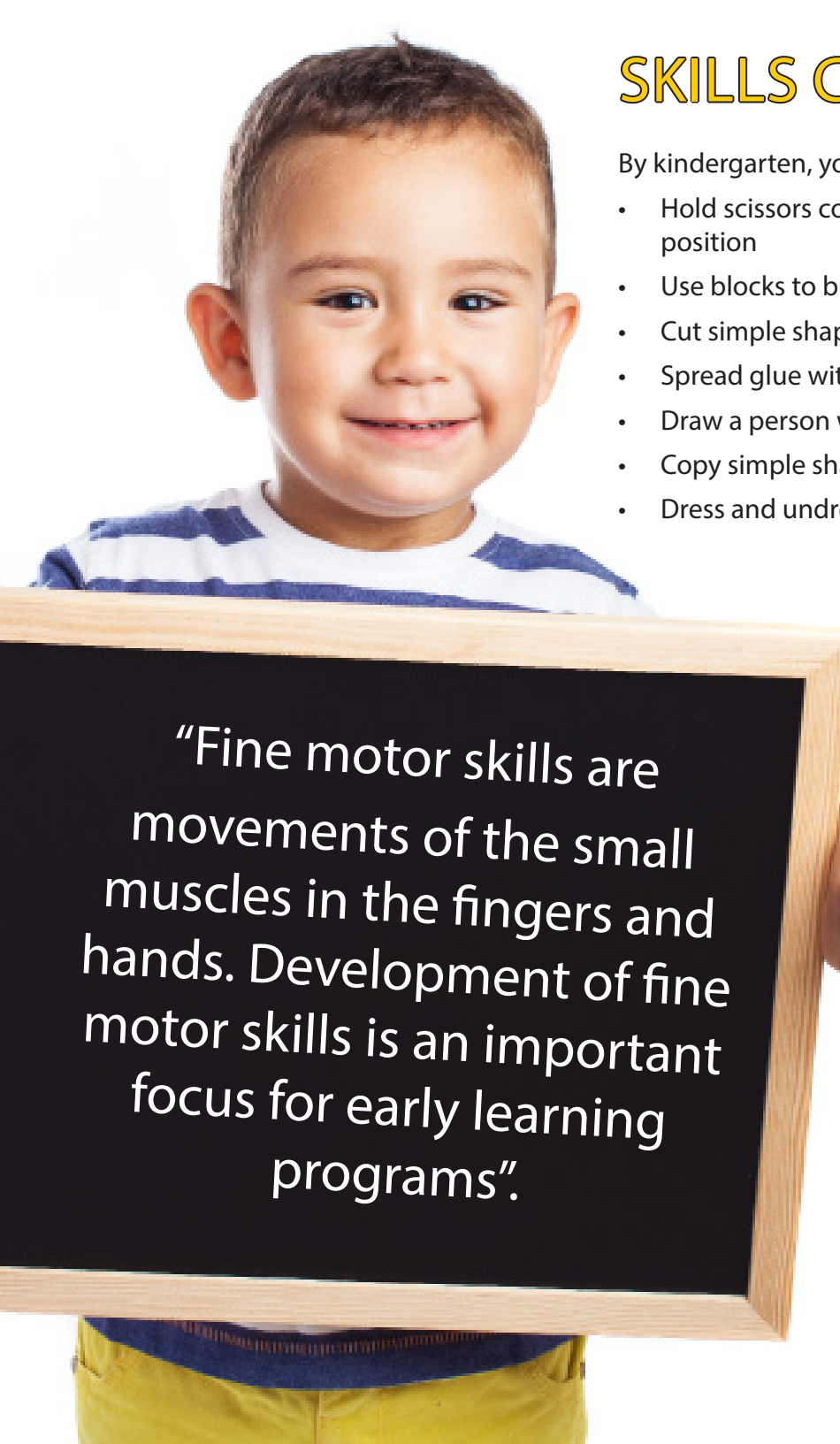
Recommended Websites:

- www.donnayoung.org
- www.lwtears.com
- www.teach-nology.com
- www.starfall.com
- www.abcya.com

Recommended Books:

- Fine Motor Fun by Sherill B. Flora
- Key Education Publishing Company LLC
- Minneapolis, Minesota

TO LEARN MORE ABOUT GYPSD'S EARLY LEARNING PROGRAMS,
PLEASE CONTACT: Learning Services 780-723-4471



"Fine motor skills are movements of the small muscles in the fingers and hands. Development of fine motor skills is an important focus for early learning programs".