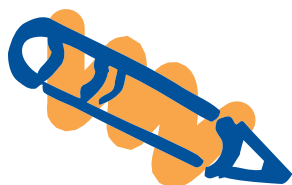


Building Fine Motor Skills

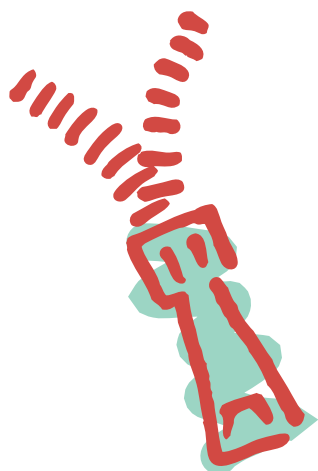
Many of your child's daily activities—like getting dressed, eating, and writing—require control of small muscles in the hands. Such skills are called fine motor skills. When young children have opportunities to practice these skills, they can do more things for themselves. A variety of activities can increase muscle strength and coordination, preparing children for more advanced skills, from using a computer mouse to playing a musical instrument. Children build fine motor skills at home when they . . .

- Set the table
- Hold knives, forks, and spoons to eat
- Pour juice into a cup
- Wipe the table with a sponge
- Help with meals—stir, shake, chop, cut, and mix
- Get dressed—button, zip, snap, buckle, and fasten Velcro tabs



- Open and close containers with lids
- Cut with child-safe scissors
- Finger-paint
- Use a paintbrush
- Play with playdough and clay—roll, smooch, pat, pound, and use tools like popsicle sticks or stamps
- Draw, scribble, or write with crayons, pencils, and markers

- Put together puzzles
- Place pegs in a board
- Build with small blocks
- Play board games
- Play with puppets



A message from your child's teacher