HELP YOUR CHILD BUILD FINE MOTOR SKILLS

WHAT IS FINE MOTOR?
Fine Motor is the development and coordination of small muscles, generally those located in the hands and fingers, with the eyes. These muscles are utilized when writing, cutting, tying shoes, zipping, etc.

WHY IS FINE MOTOR IMPORTANT?
Strong Fine Motor muscles are a prerequisite for writing and cutting in kindergarten. Without the necessary strength, students will struggle to write, but by using intentional skills to develop these muscles, they will have a greater advantage for success with these activities.

HELPING YOUR CHILD AT HOME!
There are many ways that you can give your child the added practice they need right at home! Use the ideas below and take 10 minutes each day to help build essential fine motor skills.

- Use tongs or tweezers to pick up small objects
- Roll play-doh into a long snake shape, then cut it into small pieces with scissors
- Use scissors to cut up old newspapers or magazines
- Feed coins into a bank
- Pop bubble wrap between thumb and index fingers
- String beads
- Peel an orange or tangerine
- Screw nuts and bolts together

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