



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 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 scissors.*
- *Encourage your child to use silverware properly.*
- *Allow your child to button and unbutton their clothing while dressing and undressing.*



FOR FURTHER INFORMATION

Contact:



Golden Hills School Division #75
934-5121

Recommended Websites:

www.kindergarten.preschoolrock.com

www.hwtears.com

www.donnayoung.org/pen/redines.htm

[www.teach-nology.com/worksheets/
early_childhood/alphabet/](http://www.teach-nology.com/worksheets/early_childhood/alphabet/)

www.handwritingworksheets.com

Books:

Fine Motor Fun by Sherrill B Flora. Key
Education Publishing Company, llc
Minneapolis, Minnesota.

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Is Your Child Ready For School?



FINE MOTOR SKILLS

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

SKILLS CHECKLIST

By kindergarten entrance, 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)
- Print some letters, such as letters in name. (Work on printing name using a capital letter followed by lower case.)
- 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
- Dress and undress self independently

PENCIL GRIP

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

What is the correct grip?

1st Tripod Grip—pinch with thumb and pointer finger, pencil rests on middle finger.



2nd Quadropod 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.

FUN ACTIVITIES

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

