

## 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.

Allow your child to button and unbutton his/her clothing while dressing and undressing.



## For Further Information:



Golden Hills School Division No. 75

(403) 934-5121

Recommended Websites:

[www.hwtears.com](http://www.hwtears.com)

[www.donnayoung.org](http://www.donnayoung.org)

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

[www.getreadyforschool.com](http://www.getreadyforschool.com)

Books:

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

Created by the Golden Hills School Division  
Kindergarten Teachers, 2008

Updated 2014



## 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:

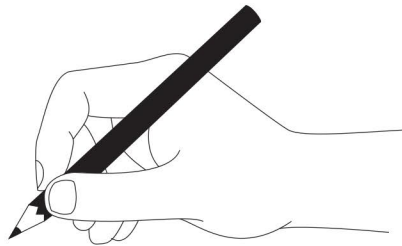
- Hold scissors correctly in a thumbs up position
- Use blocks to build
- Cut simple shapes
- Spread glue with a glue stick
- Draw a person with four or more body parts
- Copy simple shapes (X, square)
- Print some letters, such as letters in name (work on printing name using a capital letter followed by lower case 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
- Dress and undress self independently

## Pencil Grip

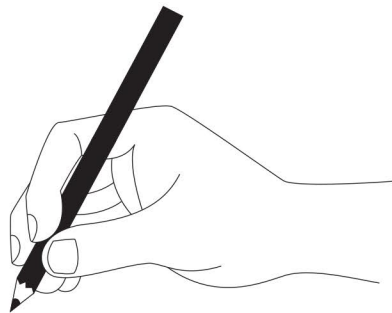
Holding the pencil correctly is difficult for preschoolers. Begin early, as soon as your child is interested in using a crayon.

### What is the correct pencil grip?

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

