

# TIPS FOR BUILDING FINE MOTOR SKILLS

Dear Parents,

Fine motor skills play an important role in your child's development. Below is a list of the skills your child should work on mastering this year along with ideas for how you can incorporate fine motor play at home.

<b>Fine Motor Skills to Master This Year</b>	<b>Ideas for Incorporating Fine Motor Play at Home</b>
<ul style="list-style-type: none"><li>• Holding scissors correctly to cut</li><li>• Cutting and copying simple shapes</li><li>• Brushing teeth and hair</li><li>• Designing own Lego models</li><li>• Dressing and undressing independently</li><li>• Writing numbers 1 to 10 correctly</li><li>• Writing letters correctly</li><li>• Coloring within the lines</li><li>• Holding a pencil with a 3 fingered grasp (writing from fingers not wrist)</li><li>• Drawing basic pictures</li><li>• Cutting and pasting projects</li><li>• Opening containers independently</li><li>• Using a knife and fork for soft foods</li><li>• Completing a 20-piece puzzle</li></ul>	<ul style="list-style-type: none"><li>• Encourage at least 30 minutes of screen-free fine motor activities daily.</li><li>• Fine motor activities may include Play-Doh, Legos, puzzles, lacing games, stringing beads, building with blocks, playing games with tweezers, using stencils, painting, or anything that involves using the hand muscles!</li><li>• Have your child write or color every day. Encourage him/her to add details to the pictures.</li><li>• Try art projects that involve cutting and pasting.</li><li>• When using an iPad or device, have your child use a stylus to work on pencil grip.</li></ul>