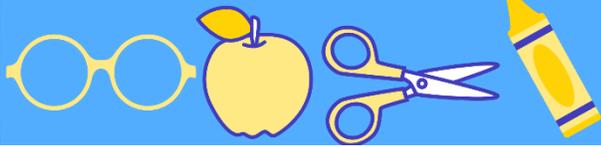




**READY,
SET,
KINDERGARTEN!**



Fine Motor Skills

Why is it important? Fine motor skills are the strength and dexterity your child needs in order to feed themselves, read, button, zip, use scissors, and write. The more you work with your child on these skills, the more prepared they'll be for a school day without you, and the less frustrated they'll get. This may seem like no big deal, but it is one of the main skills kindergarten teachers mentioned when we asked them what their students who didn't attend preschool were missing.

How can we practice at home?

Everyday Tips: Anything that makes your child pinch, grab, or otherwise exercise their hands builds important strength and dexterity that helps them write, cut, and color. In the kitchen, have them pinch pieces of dry pasta between two fingers to count them, or have them help knead bread. Finger-paint in the bath with shaving cream and have them button and zip their own clothes. Are you working on tying shoelaces yet? Now's the time to start!

Activity: Check out the Fine Motor Kidpack from the library for lots of fun, free fine motor activities to do at home!

