

# Today's Topics: Fine Motor Skills

## Overview and Things to Know:

The reason Fine Motor skills are such an important topic is because we use these as we learn to write. Children start learning by random scribbling. Scribbling is important! From the moment you give your child a crayon, you are helping your child practice to write and exercise his/her fine motor skills. When your child is developing, his or her hands are growing every day and will get tired. This is normal and can be expected.

Then those scribbles start left to right. What helps your child to progress to this stage? Reading (pointing as you read) and teaching to write from L to R needs to be intentional.

## Activities We Did:

- Flexing Finger exercise to help get out little hands warmed up
- Practice naming our fingers and isolating finger movements
- Made an Origami House
- Sang and practiced Fingerplays
- Explored using our fingers to write and holding items. Picking up items with a pincer grip.

## Things to Try at Home:

Have your little one practice their fine motor skills by giving them the chance to open their own packages. Buttoning their shirts or brushing their teeth. Fight the urge to do things for them. Fine motor skills are a developing skill that needs practice. Children experience growing pains in their little hands, and it may be challenging for them to hold an object (pencil, marker) and try to write. Be patient. As early as 3 you can begin correcting the grip. You can try laying the pencil with the tip toward his hand and have him pick it up with his thumb and index finger (this is the pincer grip).

## Songs to Listen to:

- Itsy Bitsy Spider
- Baby Shark
- IO Little Monkeys

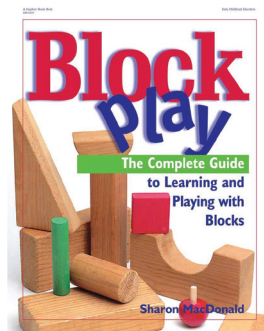
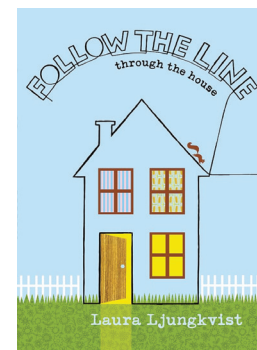
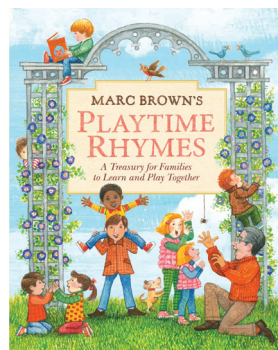
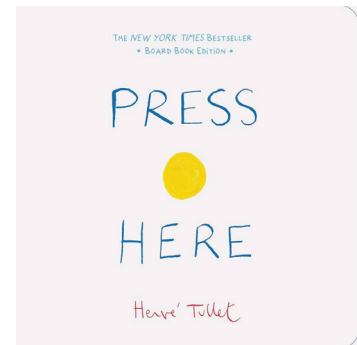
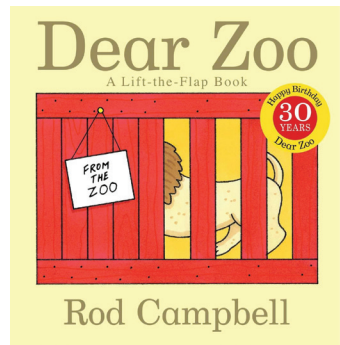
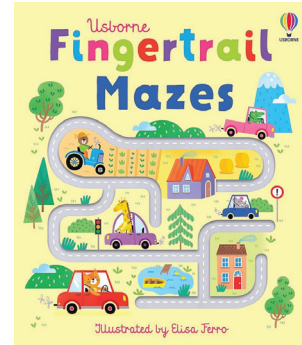
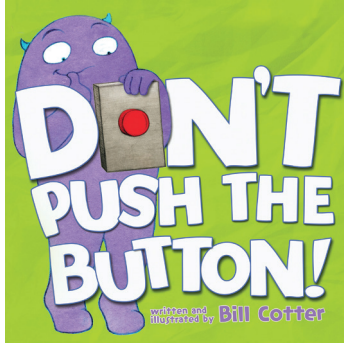
## If You Want to Dive Deeper:

- Scribbling (remember that scribbling is a necessary stage of writing because it helps them manipulate a writing utensil with their hands and makes their fine motor skills stronger)

<https://my.clevelandclinic.org/health/articles/25235-fine-motor-skills>

# Books to Check Out

## For the Pre-Kindergartners



## For the Grownups