

Developing Fine Motor Control

1. Scribbling with crayons.

- Have plenty of paper and writing materials on hand for your child.
- Place paper pads and pencils throughout the house.
- Encourage all efforts to write

2. Making circles and other basic shapes.

- Again, put plenty of paper and writing materials around the house.
- Point out shapes in the house and try to draw them together (be encouraging).
- Have stencils available for your child to trace.
- Discuss your child's attempts with him/her in a positive way.
- Encourage your child to look at and talk about their work.

3 Gaining more control of small muscles through...

- Squeezing activities.
 - Let them move water from bowl to bowl with a sponge.
 - Provide play dough.
 - Squeeze a small ball or bean bag.
- Pinching activities.
 - Move water with an eye dropper.
 - Use tweezers to move beads from one dish to another.
 - Make collages together with materials you buy, collect, or find together.
 - Using scissors (with your supervision).
 - Cut pictures from magazines.
 - Cut play dough.
 - Cut plain paper or lined paper.
 - Cut collage pieces.
- Lacing and stringing.
 - Lacing cards are available in toy departments.
 - Have them practice lacing and then tying shoes.
 - Use shoe laces to string beads or macaroni.
- Tracing activities.
 - Draw lines on a page and have them trace the lines.
 - Draw a simple path to help Goldilocks find her way home and have them trace the path (children seem to love activities like this).
 - Find a book with simple mazes for your child to trace.
 - Spray some shaving cream on your bathroom or kitchen counter and let your child play with it like finger paint. (It's fun and you'll have a clean counter, too.)