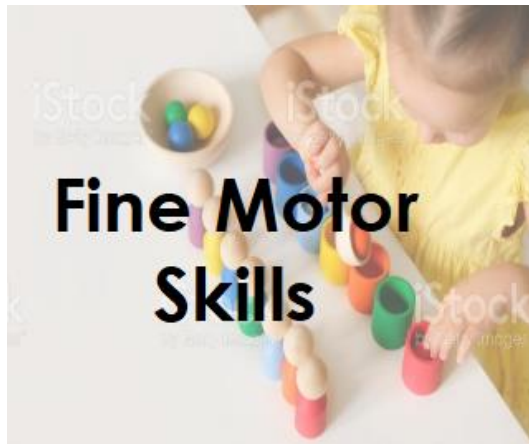


Ways to support your child starting school



What is fine motor?

Fine motor skills are a part of whole body physicality and depend upon well-developed gross motor skills, core strength and coordination. Having good fine motor control **empowers** your child, promotes **confidence and independence**.



Becoming independent

Supporting your child to **do up their coat using a zip, put on their shoes and use cutlery will all support them in their day to day school life**. To develop the skills needed to grasp a zip, develop strength to pull on shoes and precision to use cutlery we need to work on fine motor strength and coordination. Below are some ways you can do this before starting school...

Cooking

- Kneading bread or dough can support the muscles in the hands.
- Time to roll, poke, shape and manipulate dough will support strength.
- Chopping with a blunt knife can support hand to eye coordination and precision.

Cutting

- Using scissors is a tricky skill to obtain, so trying them out using playdough or snipping spaghetti is a fun and safer way to start learning. This will also develop the ability to open and close the hand and strengthen hand muscles.



Weaving/ Threading

- Using whatever you have at home (buttons, pasta, hoops, beads, ribbon) threading will help your child to grasp, develop their pincer grip and to manipulate different materials.



Outdoor experiences

- Playing in mud or sand - digging, bashing, squashing, gripping, poking and lifting will support the development of fine motor skills.
- Chalking outdoors will support the development of shoulder muscles and pre-writing movements.
- Using pegs to help hang out the washing.