

FANTASTIC FINE MOTOR FUN!

Fostering Fine Motor Skills in Young Children

Few things are as crucial during the preschool years as the development of fine motor skills. Fortunately, there is no shortage of fun crafts and simple activities that can make honing fine motor skills a breeze for young children!

What You Can Do

- Allow young children to use **crayons** as soon as they are able. Preschool children can have fun using an **assortment of drawing utensils**, from crayons (including fun forms like fabric crayons and twistable crayons) to pastels and beyond. Allow your child to have frequent access to these materials.
- **In addition to plain paper**, you can offer fabric scraps, coffee filters, muffin liners, napkins, and paper plates as slightly more unusual drawing surfaces. **Craft utensils** like tape and a tape dispenser, stamps and stamp pads, and safety scissors also are useful for fostering finger agility and hand-eye coordination. **Conventional preschool supplies**, from finger paint and dolls with an assortment of outfits to peg boards and simple sewing cards, are also useful to have on hand at home.
- **Teach your child how to fold**. You can begin by modeling the fundamentals, and you can progress to finding fun “folding crafts”, such as tissue paper flower blooms.
- **Dressing dolls, buttoning clothing** (either their own or a doll’s), and **using puppets** can afford young children useful and fun practice in manipulating their fingers. Ask your child to demonstrate finger plays they experience at child care or school.
- Teaching young children how to **floss their teeth properly and practice regular tooth brushing** models exemplary dental care habits and aids finger coordination during the formative years. You are sure to please your child’s preschool and primary school teachers and your child’s dentist!
- **Have your child spell her name and form the letters of the alphabet in finger paint**, or ask your child to use her finger to form a letter’s shape in the air. You could add to the fun by calling it “your finger alphabet” or “your magic air alphabet”.
- As usual, **adjust your activity period** to fit your child’s attention span.

There’s absolutely no need to wait, so go ahead and find out how much fun young fingers can have as fine motor skills bloom and flourish!

