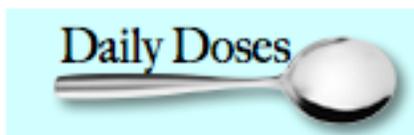




[What are Fine Motor Skills and why are they important?](#)



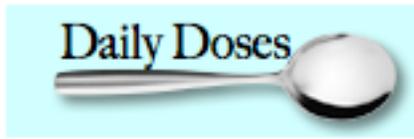
Fine Motor Information: Fine motor skills involve the small muscles of the hand. These muscles develop differently for all children and some children require specific work in fine motor development. Fine motor skills are important in most school activities as well as in life, in general.



Click [here](#) to see a variety of activities you can do to help your child develop his fine motor skills.



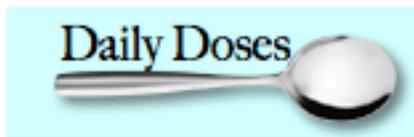
Everyday Fine Motor Skills: Getting dressed can be tricky for little fingers developing their fine motor skills. While it takes extra time to allow your child to dress himself, it will give him extra practice in working with snaps, buttons and zippers. Shoes with laces or drawstring pants also provide good opportunities to practice these skills.



Pull out the sweaters and jackets and practice! This can be a skill that takes many tries to master. It may be easier for children to practice this without wearing the jacket or sweater and once they can do the buttons, snaps or zippers like that, then try to do it with the jacket on.



Writing: It is important to expose your child to the concept of writing. Even if your child doesn't seem ready to write letters, it is a good idea to keep paper, notebooks and a variety of fun pens and pencils nearby. Your child will develop the fine motor skills needed for letter writing by drawing lines, circles and zig-zags when playing with writing. If your child is ready to write letters, visit the reading section of this Pre-K page to help you start your child on the path he will continue in Kindergarten.



Pick a letter to write each day. Use the [writing paper](#) and letter formation guides ([lower](#) and [upper](#)) on this website to teach your child how to write the letters. If writing letters is frustrating for your child, spend the time modeling how to write a letter a day for your child and begin to have him practice as he gets better with it.



Name Writing: Your child should be able to write his/her first name. Make sure you are teaching your child that a name begins with an uppercase letter and all other letters in the name are lowercase.



Make name writing a part of your child's daily routine. You can make it your child's job to label her toys or books with her name. You can make it a routine for your child to "sign in" at dinnertime. A special way to document your child's progress with name writing can be to keep a Name Book. While you are practicing name writing with your child regularly, choose one day a week to be the day your child writes in her Name Book. You will soon see that flipping through the Name Book shows you and your child how she gets better and better each week!