

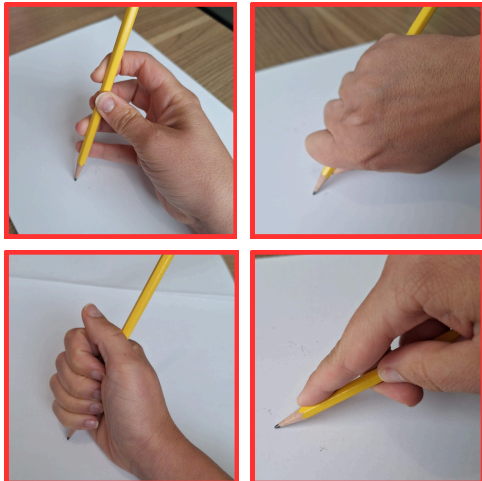
What Are Fine Motor Skills?

Fine motor skills involve the precise movement of small muscles in the hands and fingers. They are needed for everyday tasks like holding a pencil, buttoning a shirt, turning a doorknob, and folding laundry. In school, strong fine motor skills support neat handwriting, cutting with scissors, and arranging small objects.

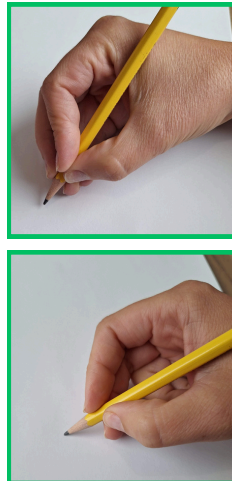
Pencil Grasp Matters

How a child holds a pencil greatly affects their writing. Correcting pencil grasp early is important to prevent fatigue, strain, and sloppy handwriting as writing tasks increase. Encourage your child to hold the pencil correctly, and provide regular reminders as they build hand and finger strength.

Immature Grasps



Mature Grasps



Quadropod Grasp: This is an early mature grasp. There may be less dexterity, and the student should work on strengthening his or her fine motor skills.

Tripod Grasp: This grasp allows the most freedom and dexterity of movement.

Practice at Home

While school will continue to support fine motor development, practice at home is essential. Activities should be fun and strengthen hand and finger muscles:

- **Playdough and Clay:** Roll, shape, or hide small objects to strengthen hands and fingers.
- **Crafts:** Use scissors, string beads, glue small items, tear paper, or use hole punchers. These activities improve coordination, hand-eye control, and dexterity.
- **Games:** Playing with small pieces or tools like tongs helps build finger strength. Recommended games: Trouble, Hi Ho Cherry-O, Sneaky Snacky Squirrel, Connect 4, Light Bright, Jenga, Legos.
- **Drawing and Writing:** Encourage coloring, scribbling, and writing with crayons, markers, chalk, or pencils (avoid tablets). Use short crayons or broken chalk to promote proper pencil grasp. Activities: sidewalk chalk, coloring books, mazes, free drawing, simple "how-to-draw" books.

Your support at home helps your child develop the skills needed for school and everyday life. Use the activities above and resources below to make fine motor practice fun and effective.

Amazon List: [Parent Fine Motor Support Amazon List](#)

Printable hole punching and threading activities: [Cutting & Lacing Activity Pages](#)