

## STRENGTHENING FINE MOTOR SKILLS

Many of your child's daily activities require control of small muscles in the hands and wrists. These are called fine motor skills. These skills are needed for activities such as eating, dressing, and coloring. Building these muscles will prepare your child for more advanced skills such as writing with a pencil, using scissors, using a computer mouse, and tying shoes. The following skill-building activities can be done with materials you probably already have in your home. Have fun and give those small muscles a big workout!



Buttons



Paper clips



Pom Pom Balls



Clothes Pins



Tweezers



Rubber Bands



Playdough



Tongs



Toothpicks



Beading



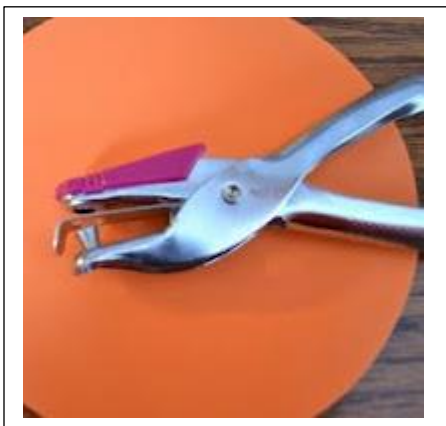
Pipe Cleaners



Nuts and Bolts



Baster



Hole Punch



Stickers



Straws



Painting with Water



Balancing

Utilize the additional items in your kit to enhance and build your child's fine motor skills over the summer!