

School Stuff

Busy Fingers

Getting Ready to Write



To help your child get ready to write, you don't need a pencil or a piece of paper! All you need are play activities that are fun and simple to do. These activities strengthen your child's hands and fingers as well as develop muscle control and improve eye/hand coordination. Encourage your child to:

- "Paint" the outside of your house, the sidewalk, or the side of the bathtub using water and an old or inexpensive paint brush.
- Use crayons, washable markers, paint, and chalk whenever possible. Provide many types of writing surfaces. For example, try using chalk on sidewalks.

- Put together and take apart pop beads or connecting blocks.
- String items such as large beads or cereal on yarn, string, or pipe cleaners.
- Play with clay or dough. Squeezing, rolling, and punching motions help strengthen muscles and give confidence. Put out tools such as cookie cutters, plastic knives, and rolling pins.
- Twist lid to open and close an unbreakable jar. Allow your child to put in and remove a variety of items from the jar using her thumb and index finger, tongs, or spring-type clothespins.
- Turn a hand-held egg beater to beat eggs or make soap suds in water.

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