



Preparing Your Child For Kindergarten

Fine Motor Skills

In Kindergarten, we build on your child's fine motor skills to ready them to use writing tools. Fine motor skills are skills that require the small muscles of the hand to work together to perform precise and refined movements. You can help your child develop their fine motor skills by encouraging them to participate in some of activities listed below. These activities support the development of their hand and finger muscles needed to correctly hold and use pencils and scissors.

Give Your Child Playdough

Provide opportunities for children to manipulate playdough or plasticine and a variety of tools. They can help you knead dough in the kitchen. They can roll, squish, stamp, and even cut it! This develops the small muscles in their hands.

Provide Opportunities For Your Child To Do Threading

Encourage your child to practice threading objects onto a shoe lace to develop their fine motor skills. You can also thread objects like pasta and fruit loops. They can even make jewellery.

Give Your Child Opportunities to Practice Their Cutting

Encourage your child to practice cutting, modelling the correct way to hold the scissors (thumb on top, 2 fingers at the bottom) and to hold the paper with the other hand. You can cut up old magazines or books.

Give Your Child Opportunities to Play With Puzzles

Encourage your child to play with puzzles to enhance their hand eye co-ordination and problem solving skills.

Provide Opportunities for Your Child To Play With Blocks

Encourage your child to build with blocks. This enhances their hand eye coordination problem solving skills.

Include Your Child in Household Chores

Get your child to help you hang out the washing using pegs, clean the windows using spray bottles or the trigger hose and use tongs when cooking. This allows your child to use their fingers to manipulate objects and ready their hands to use pencils and scissors with control.