

# Fine Motor Skills for Little Writers



## The Old Sock Trick:

Pencil grip is so important. Cut out two holes for the thumb and pointer finger. Slip it on your child's hand while they are writing. This will keep the other fingers down and let the 2 fingers that should be on the pencil stay in proper position.



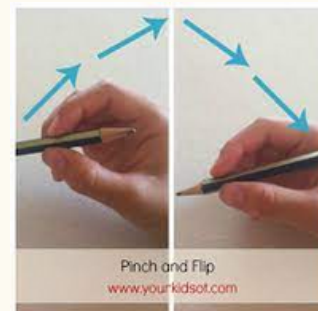
## It's As Easy As a Happy Face:

Making sure letters start from the top to bottom and go from left to right on the page can be a struggle. Try this: on each line, draw a small happy face at the top left corner. It will help give a little reminder where their letters should start. We also use the happy face on a small checkerboard when we start teaching letter formation.



## Teach the "Flip and Pinch" Method:

Lay the pencil in front of them with the point of the pencil pointing away from them. Tell them to pick up the pencil with their thumb and index finger (pinching the pencil). Then have them gently push the pencil over so it "flips" around and rests properly.



### **We Love Handwriting Without Tears Books:**

They are easily purchased for home or school. We suggest working on one worksheet every day making sure letter formation is correct.



### **The "OK" Method:**

Tell your child to make the OK sign with their fingers. Tell them to open the circle between their index and their thumb a little bit and place the pencil between their fingers. Then curl the rest of the other fingers under.



### **Chopsticks for Pencil Grip:**

Pencil grip isn't always easy and it's important to strengthen those little hand muscles. We love chopsticks. We have kids pick up cotton balls and all sorts of things with chopsticks. We recommend these Pororo chopsticks which can easily be purchased on Amazon.



### **We Love Wikki Sticks for Preschoolers:**

They help letter formation while strengthening fine motor skills. We recommend that after the child forms the letter or number, have them trace the letter with their pointer finger starting at the top.



### Trace Letters Anywhere

Trace letters on your child's back and have them guess the letter. Have them do the same to you. This is such a fun way to learn letter formation without any materials at all.



### Don't Skimp on Proper Grip:

We love this special pen, give it a try! They are called Ergo Sof Penagain Pens.



### Top and Bottom Technique

We can't stress enough the importance of starting handwriting skills using the top to bottom technique. Most letters are formed starting from the top and it's a hard habit to break if letters start from the bottom. Make sure you correct incorrect letter formation as soon as possible.



### Motor/Sensory Techniques

Children can practice handwriting skills through writing with shaving cream, play dough, salt, and dry rice. These are all great ways to practice handwriting while incorporating motor and sensory techniques as well.

