

# Parents: How to Help Your Child Develop the Small Muscles for Writing Control



## Play dough

Play with play dough - squeeze, roll, pinch and knead...

(See [Play Dough](#) Recipe)

## Clothes Pins

Using two colors of clothespins, ask the child to make a pattern around a paper plate.

## Sign Language

Teach the child to form the ABC's in sign language. Learn to fingerspell words. See free instructional ASL video clips at [www.nellieedge.com](http://www.nellieedge.com).



## Provide Many Activities that Involve Fingers, Hands and Arms

- Color (inside the lines) with crayons.
- Use pop beads and unifix cubes.
- Do finger plays (*Where is Thumpkin, Five Little Monkeys*).
- Finger paint and draw.
- Use short chalk pieces on the blackboard.
- Cut paper with scissors.
- Play the piano.
- Use puzzles with pegs.
- Engage the child in **dancing, handjiving, crawling:** develop bilateral integration.



## Create a Pattern with Tweezers and Beads

Give each child a round, suctioned soap holder and tweezers. Have a basket of with assorted plastic beads. The children can select beads with their tweezers and place them in the individual suction cups to create a brilliant pattern. This is a great center activity for 2 to 4 children seated at a table.