

Writing requires small muscle strength and learning to grasp the pencil in a dynamic tripod grasp (the pencil is held between the thumb and index finger, with the pencil resting on the middle finger). Engaging your child in activities that give them the opportunities to use the pincer grasp (thumb and forefinger gripping) and hand/finger muscle dexterity will help them to develop writing ability.

**Wheelbarrow Walking** Your child places their hands on the floor. Family member picks up their feet and child "walks" forward on their hands.

**Slinky** The child shifts the slinky back and forth with their palms up.

**Volleyball Type Games** Using hands, paddles or rackets in a palm-up position, your child "bats" objects such as balloons or light balls.

**Working on a Slant** Your child paints, draws, writes or works with pegboards that are mounted on a clip board, easel/chalkboard or other tilted surface.

**Chopsticks** Your child uses chopsticks on a tray with sand to write letters or draw using the chopsticks.

**Squirrel Game** Tell your child to pretend to be a squirrel storing nuts for the winter. Encourage your child to "squirrel" nuts or other small objects by picking them up with their index finger and thumb and moving them into their palm without using their other hand.

**Squirt Bottles** Child uses squirt bottles to wash windows, tricycles, spray plants, outside walls etc.

**Tongs/Tweezers** Encourage your child to use tongs and when they perfect tongs, use tweezers to move objects from the table into containers. Start with bigger and easier items such as moving cotton balls into an egg carton and later use smaller objects and containers such as ice cube trays.

**Slot Machine** Child places pennies or poker chips in slotted containers.

**Lid Game** Child matches and screw/unscrews lids onto and off containers.

**Bubble Wrap** Child tries to pop as many bubbles as they can on a sheet of bubble wrap.

**Turkey Baster Race** Child blows corks or ping pong balls across a race line.

