

**Wonderful Little Hands**

Psalm 139:14.  
wonderfully made  
TBCWEA.org

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## The Way They Develop

- Proximal-> Distal
- Large-> Small
- Strength BEFORE Precision

Writing is an extremely complex skill!

## Required for Writing

Hand & finger strength

Crossing the midline

Correct pencil grasp

Hand eye coordination

Bilateral integration

Upper body strength

Object manipulation

Visual perception

Hand dominance

Hand division

## Other Necessary Motor Skills

Postural Stability  
Wrist stability and extension  
Development of the palmar arches  
Thumb opposition  
In-hand manipulation

### Commonly Seen Issues

- Hand weakness, esp. at base of thumb
- Core strength deficits
- Lack of exposure and/or interest in fine motor play
- Dislike of writing (seen as a difficult task and/or mundane chore likely due to presentation) – typically avoidable
- Tactile sensitivities

## Monkey Bars Teeter Totters Weight Bearing

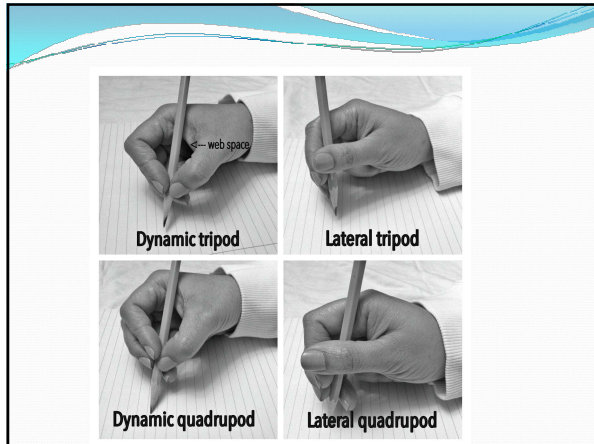
### Sensory Activities

- Increase motor control
- Increase strength
- Decrease sensory sensitivities (if used well)
- Increase interest in fine motor activities

## To remember: Kids need to play with <sup>tiny</sup> things and write really **BIG**

### Fine Motor Tips

- When tracing, try 2-3 fingers as opposed to 1.
- “Both hands” is best.
- Finger plays, sign language, and hand motion as to songs are great practice!



### 3 Best Fine Motor Activities to Promote Writing

- Tools/Tongs!
- Play-Doh
- Scissoring!

### Early “Journal Writing”

[www.homeschoolcreations.com/files/Draw\\_and\\_Journal\\_Pages.pdf](http://www.homeschoolcreations.com/files/Draw_and_Journal_Pages.pdf)

### Interesting research findings!

“Writing letters activates “reading circuit” in 4 and 5 year olds”

<http://elearninginfographics.com/tag/pre-writing-skills-infographic/>

The infographic is titled 'THE IMPORTANCE OF DEVELOPING PRE-WRITING SKILLS IN EARLY CHILDHOOD'. It features a central illustration of a child's head with a brain, surrounded by icons representing various skills: 'Fine Motor Skills', 'Handwriting', 'Reading', 'Spelling', and 'Math'. The text explains that these skills are crucial for academic success and that early intervention can help children who struggle with these skills. It also lists various activities that can help develop these skills, such as tracing, cutting, and using tools like tongs and play-doh.

### Early Fine Motor Skills Matter Later!

“Writing skills developed before school significantly predict later academic achievement”

\* connection between attention issues and fine motor pursuits

[http://blogs.edweek.org/edweek/early\\_years/2012/02/early\\_writing\\_skills\\_predict\\_later\\_academic\\_success\\_research\\_says.html](http://blogs.edweek.org/edweek/early_years/2012/02/early_writing_skills_predict_later_academic_success_research_says.html)

This is a smaller version of the infographic described in the previous block, positioned in the top right corner of the slide.