



# Helping your Kindergartener

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# Motor skills in kindergarten

Using in-hand  
manipulation

Using a pincer & a tripod grasp

Using the hand to move the pencil

Holding paper in one hand and a pencil in the other

Sitting up straight in a chair

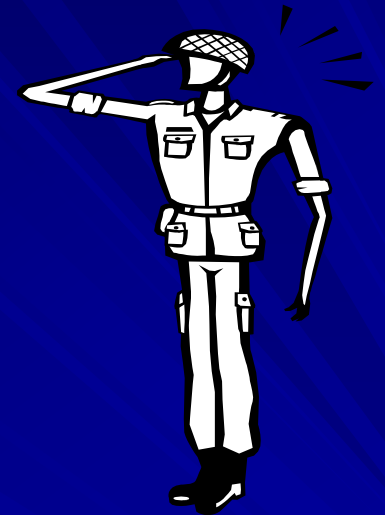
# Overall Strength & Postural Control

## WHEN THEY NEED IT

- Standing, running
- Sitting at desk, laying on floor

## WHAT TO DO

- Establish a pattern of good posture
- Stop, stretch, sit up right
- Sit like “soldiers”
- Yoga, karate, swimming, dance



# Shoulder Stability

(when your hand does the work, not your whole arm)

## WHEN THEY NEED IT

- ❖ Writing, drawing, and coloring
- Cutting, fine motor activities

## WHAT TO DO

- ✎ Writing, drawing on a vertical surface (sliding glass doors, walls)
- ✎ Lying prone, weight bearing into shoulders to write, read, etc.



# Bilateral Coordination (using two hands at once)

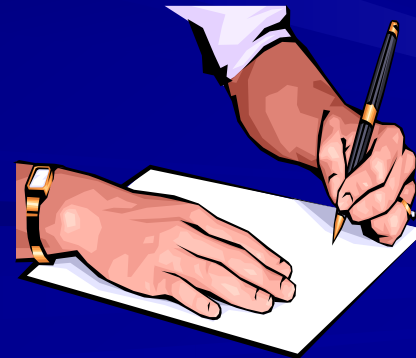
## WHEN THEY NEED IT

- ✎ Stabilize paper when writing
- ✎ Coloring, buttoning, opening containers
- ✎ Cutting, tracing, & lacing tasks
- ✎ Two handed toys like Legos, Knex



## WHAT TO DO

- ✎ Incorporate bilateral tasks daily
- ✎ Encourage your child to try it before asking for help.
- ✎ Remind your child to use both sides (helper hand)
- ✎ Practice, Practice, Practice!



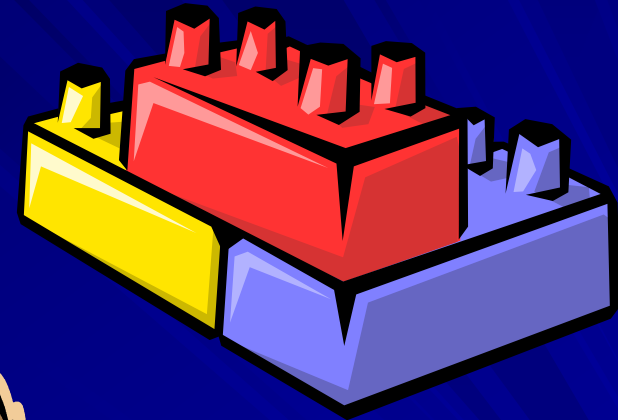
# Fine Motor Skills

## WHEN THEY NEED IT

- ✎ When performing small tasks, using thumb and index
- ✎ Manipulating small toys (Legos, blocks, beads)

## WHAT TO DO

- ✎ Broken crayons
- ✎ Incorporate fine motor tasks daily
- ✎ Arts and crafts



# Visual Motor Integration (eye-hand coordination)

## WHEN THEY NEED IT

- ✎ Copying pictures, shapes, letters
- ✎ Difficulty copying a movement after a visual demonstration



## WHAT TO DO

- 👁️ Multi-sensory activities for letter formations
- 👁️ Supervision, hand over hand practice, highlighting, start spots
- 👁️ Go outside!



# Handwriting in Kindergarten

What's most important?

## HABITS!

- Pencil grip!!!
- Letter formation
- Attitude

What will improve with time?

- Size
- Motor control



# Letter Formation...

What **NOT** to do!

**No Ball and Stick!!!**

(c o a d g ) start with C, not with o!!!!

**No Starting at the bottom!**

(r n m p h b )all start at the top, top,  
top!

# Letter Formation Tips

## Group letters by formations

- Magic C - start with a C, turn it into a \_\_\_\_
- (c a g d o) s q
- Divers - Dive down, swim up, and over (no frogs in the pool!)
- (r n m b h p)

## Other tips

- Tall vs. small letters
- Use hand gestures for tall and small
- Use finger spacing
- Start at the top!
- Keep a letter formation chart handy

# Mat Man



- Body Awareness
- Spatial awareness
- Counting
- Play mat man games at <http://www.hwtears.com/matman>
- Mat Man<sup>TM</sup> World

QUESTIONS?

Thank you for  
coming!