



## DOES YOUR CHILD HAVE THE MOTOR SKILLS AND EMOTIONAL DEVELOPMENT NEEDED FOR SCHOOL?

Being ready for school is more than just knowing your ABC's!  
Fine and gross motor skills are important for your child's development and school readiness.

Is your child ready for the classroom?  
Here are some tips you can work on in the lead up to starting school.

- ▶ **Start to gain independence and problem solve through skills**  
Tip: Ask your child to pack their own bag for going to preschool or sport, help them think through the items they need to pack and get ready. Help them to develop the skills to put on and take off jumpers and jackets (whatever they will have at school). Help them to be independent.
- ▶ **Be able to organise their belongings, open their food items and be aware of routines**  
Tip: Try to get into a structured morning routine now. So that when they start school it's not another change they have to get used to. Another good tip is to have a picnic in the backyard or a park! This allows your child to practice opening and closing containers that they will use at lunch time at school.
- ▶ **Drawing and colouring**  
Tip: Practice drawing pictures on a vertical surface. For example, a chalk board, paper stuck to the wall or shaving cream on the shower screen this will help to develop the muscles of the hand and promote a good pencil grasp.
- ▶ **Use scissors to cut around basic shapes**  
Tip: Playdoh scissors are a great way to learn however is a different process to papa scissors. Under Supervision - Cut out pictures from a toy catalogue to build a wish list.
- ▶ **Climb on play equipment**  
Tip: Go to the park and climb on playground equipment such as rope ladders, fireman poles, monkey bars etc. This helps to develop their upper body strength and hand muscles.
- ▶ **PLAY**  
Tip: Playing with adults, playing with peers and playing alone are all vital skills to success at school, give them opportunities for all forms of play.

Want to know more?

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