



### **Great by 8's Goals**

***Every young child in West Hartford, in every school, is healthy, engaged, and supported.***

- Every West Hartford family has the information it needs to raise healthy children.
- Children are ready for school / schools are ready for children.
- Children have access to high quality early care and learning opportunities.
- Families and schools recognize the importance of developmentally appropriate practice.

### **Great by 8's Work**

***Great by 8 engages and connects West Hartford families to resources and services, creating a community where young children thrive.***

- Quality Care for Infants and Toddlers
- Developmentally Appropriate Learning Experiences for Pre-K Children
- Social / Emotional Health of Elementary School Children
- Co-Creating Equity
- Expanding Family Support

***If you are interested in receiving updates and information from Great by 8 or getting involved, please e-mail us at [whgreatby8@gmail.com](mailto:whgreatby8@gmail.com).***

***We welcome your involvement.***

## **FINE MOTOR SKILLS**

Developing the muscles that are used in small movements, including not only those in the hands, but also, those in the wrists, feet, toes, lips, and tongue, requires practice, practice, and more practice. Below are a number of activities that can increase muscle strength and coordination, preparing children for more advanced skills, such as writing with a pencil, using a computer mouse, and playing an instrument.

Many of your child's daily activities — like getting dressed, eating, and bathing — require control of small muscles. These activities provide important opportunities for children to hone fine motor skills. You may be able to complete the task faster yourself, but it is important to give your child the opportunity to do it himself.

Pop bubbles on bubble wrap with just the index finger and thumb.

Use an eyedropper to add food coloring to batter with just the index finger and thumb. Use an eyedropper to create artwork with colored water on a coffee filter.

Finger painting, Q-tip painting, cork art (use old corks as stamps and have your child dip the cork in paint and stamp on paper).

Play Games with Tweezers: Invent your own or try Operation. Using tweezers teaches delicate touch and the ability to use different amounts of pressure.

Jewelry Making: Have children bead necklaces with macaroni or large beads. Again reinforcing the pinching grasp and eye hand coordination.

Scissor Cutting Activities: Have your child cut old magazines, greeting cards, and newspapers to find a specific letter or picture, and paste it into a collage.

Play with Playdoh — flatten it, roll it, cut it, smoosh it, demonstrate how to make a small ball using your index and thumb.