



## Fine Motor Readiness Signs

### Does your child...

- Draw a recognisable person with a body?
- Draw pictures that include horizontal, vertical and diagonal lines?
- Love to draw and "write"?
- Hold a pencil using thumb and fingers together?
- Stay seated long enough to complete fine motor activities at the table?
- Stick with fine motor activities without getting tired?
- Usually use the same hand for fine motor activities?
- Use even and appropriate pressure with their pencil when drawing?
- Colour mostly inside the lines of a picture?
- Put on their own clothes – shirt, pants, socks and shoes (may need help with fastenings)?
- Write a few letters of the alphabet, perhaps their name?
- Cut along a line easily with scissors?
- Thread beads quickly and easily without swapping hands?

## Gross Motor Readiness Signs

### Does your child...

- Keep their balance while kicking, throwing or catching a ball?
- Catch a large ball with just their hands?
- Consistently throw a ball so you can catch it without having to move their feet?
- Show confidence on equipment that is high at the park?
- Self-propel on the swing?
- Enjoy swinging?
- Enjoy climbing?
- Move with a smooth walking or running style?
- Balance on one foot for 10 seconds or longer?
- Move through space in different ways (skip, hop, jump)?
- Sit up well during circle time on the carpet or at the table?
- Seem well co-ordinated?

## Next Steps...

If you were unable to tick several of the readiness questions, or your child shows a marked dislike of fine and/or gross motor activities, an occupational therapy assessment is recommended.

If you're not sure about their skills, talk to your child's teacher about your concerns, gain their advice and work out the best next steps.

[Click here](#) for activity ideas to help your child's development. Our [seminars/ webinars](#) may also help.

For new enquiries, please complete [this form](#) or call 07 3392 6133.

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