Before learning to write...

Grow
Early Education

I need to first build the following foundations to assist me develop my fine motor skills...

Bilateral Coordination

To effectively use both hands to control objects. One hand to hold an object while the other works.

Core and Shoulder Stability

A solid core and posture enables children to develop good fine motor skills and strength.

Finger Dexterity

Movement of the thumb and fingers to hold and move objects with efficiency.

Hand Strength

Developing fine motor muscles by squeezing, pushing and pulling objects and materials in hands and fingers.