



# Family and Children's Services





## Children's Developmental Services

### **Pre-Writing and Fine Motor Activities**





Submitted by Brenda Witherspoon

Fine motor skills can be defined as small muscle movements that occur in the finger in coordination with the eyes.





#### **Strengthen Hand Grasp and Flexibility**

-  Use a hand hole puncher while increasing thickness to punch as many holes as possible. Try to constantly better their own record.
-  Manipulate modeling materials of varying consistency e.g. playdoh, clay, or plasticine
-  Squeeze squirt bottles, turkey basters, or syringes and use to fill small containers
-  Pinch clothespins around a paper plate






#### **Use Thumb/forefinger in Pincer Grasp**

-  Place small objects into container one by one e.g. cotton balls, mini pompoms, Cheerios, beans, small marshmallows
-  Use tweezers to pick up objects
-  Use eyedroppers to squeeze drops of colored water onto coffee filters
-  Place small pegs in a pegboard or create designs with stickers

#### **Build Grasp-and-Release Skills**

-  Use tongs, BBQ tools to move objects from one container to another
-  Use scissors that can be used right or left-handed
-  Use scissors that cut fancy patterns
-  Cut materials with a range of resistance

#### **Build Finger Dexterity**

-  Flip coins from "heads" to "tails"
-  Link paperclips to make necklaces
-  String beads
-  Create puppet shows with finger puppets
-  Play with a toy piano or a computer keyboard



# Outdoor Summer Fine Motor Activities



- ☀ Drawing in sand with a stick
- ☀ Swinging or hanging
- ☀ Pulling a wagon
- ☀ Collecting rocks
- ☀ Drawing with chalk on the driveway and sidewalks
- ☀ Weaving strips of fabric through chain-link fence
- ☀ Using spray bottles to spray each other or to "paint"
- ☀ Nailing nails into wood
- ☀ Picking and arranging flowers
- ☀ Cutting fresh fruit
- ☀ Playing in sand with scoops and shovels
- ☀ Filling bins with mud to squeeze and feel
- ☀ Use water and a paint brush to "paint" the house
- ☀ Collecting items from nature in a basket with a handle
- ☀ Washing things with a very small sponge piece
- ☀ Using squeeze toys with water in them
- ☀ Climbing on playground equipment
- ☀ Catching bugs
- ☀ Using sandpaper to sand small pieces of wood to make blocks





## Getting Ready for Kindergarten . . . A Book List for Children

*Submitted by Brenda Witherspoon*



The following books are ideal for parents and children to read together in anticipation of the first day of kindergarten.

### HAPPY READING!

Alter, Anna. **Francine's Day**. 2003.

Brillhart, Julie. **Molly Rides the School Bus**. 2002.

Carlson, Nancy. **Look Out Kindergarten, Here I Come**. 1999.

Dannenberg, Julie. **First Day Jitters**. 2000.

Delton, Judy. **My Mom Made Me Go To School**. 1991.

Langreuter, Jutta and Sobat, Vera. **Little Bear Goes to Kindergarten**. 1997.

McGhee, Alison. **Countdown to Kindergarten**. 2002.

Penn, Audrey. **The Kissing Hand**. 1993.

Slate, Joseph. **Miss Bindergarten Gets Ready for Kindergarten**. 1988.

## CRAFT CORNER

Freshen up your child's room for the new school year by recycling your old CDs and transforming them into simple, funky homemade clocks. They're great as gifts, too!

### What you'll need:

- Old music CD or CD-rom
- "Painters" paint markers
- Clockworks
- Metal washer (hardware stores carry these individually)



### How to make it:

1. Paint the CD with paint markers in any design you want. Let dry.
2. Write the numbers around the edge of the CD. Make sure you space them evenly. (Parents should help with this step.)
3. Assemble the clock works onto the CD. You'll likely need a bigger washer than what is included in most clock works, which will need to be placed on the top of the CD to keep the clock together.

Give as a present or keep for yourself.

# Butterfly Thoughts

## *It Matters to This One* *Author is unknown*

As I walked along the seashore, this young boy greeted me. He was tossing stranded starfish back to the deep blue sea. I said "Tell why you bother, why you waste your time this way? There are a million stranded starfish, does it matter anyway?"

He said, "It matters to this one. It deserves a chance to grow. It matters to this one, I can't save them all I know. It matters to this one, I'll return it to the sea. It matters to this one, and it matters to me.

I walked into the classroom, the teacher greeted me. She was helping Johnny study, he was struggling I could see. I said, "Tell me why you bother, why you waste your time this way? Johnny's only one of millions, does it matter anyway?"

She said, "It matters to this one, he deserves a chance to grow. It matters to this one, I can't save them all I know. It matters to this one, I'll help him be what he can be. It matters to this one, and it matters to me."



**Are you aware that Family and Children's services offer a variety of voluntary services within the Rainy River District? These services include:**

**Children's Mental Health Services** – Assisting children, adolescence and their families who may be experiencing emotional, social, and/or psychological problems in their school, family, and/or community life. Services are provided free of charge, for a wide range of difficulties from mild adjustment reactions to severe psychiatric problems in children ranging in age from birth up to 18 years.

**Infant & Child Development** – Servicing children 0 – 6 years of age who are at risk for a delay, or children with a diagnosed physical, developmental or sensory disability. Some of the services provided include early intervention programs, developmental screening and assessments, assistance with transition to school for special needs children, and parenting programs on a group or individual basis.

**Community Integration** – servicing children with a physical or developmental disability 6 years – 18 years and up to 21 years as long as they are in school. The primary focus of this program is to facilitate integration into the community. Some of the services provided include developmental assessments, advocacy in relation to other agencies, linkages to health, financial, and educational resources in the community.

**Family Relief** – a program that provides families a respite period from the responsibility of the daily care of an individual with a physical and/or developmental disability. The three options to services include In-home respite – provided in the family home, Out-of-home respite – provided in the approved worker's home, and community participation – The individual is accompanied by their Family Relief Worker into the community to participate in community events or activities.

**For more information about the above voluntary services please contact**

Family and Children's Services  
For Fort Frances call (807) 274-7787 or 1-800-465-7764 (Toll Free), for Atikokan call 597-2700, and for Rainy River call 483-1357.

**To make a referral for service**, please call Integrated Services Northwest, The Integrated Services for Northern Children Program for Single Point of access. For Fort Frances, Rainy River and area call 274-9797, for Atikokan area call 807-597-4528

**Do you have something to Share?**

**Please phone** Debra Bruyere  
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