Get Up & Move
Doing physical activity uses a part of the brain that helps kids attend and concentrate. It is helpful to do a movement activity prior to a sit down activity. For example playing outside on the swings prior to sitting down and reading a book.

Book Sharing
Important things to think about when sharing a book with your child are;

- Eye contact - sit across from your child and look at their facial expressions
- Get you child involved and encourage them to talk more by asking open-ended questions and commenting on the book. For example “Look the boy is crying”, “What happened to the girl?”, “Why is the puppy happy?”
- Point at pictures, words, letters and the title and explain what they are to your child

Scissors Skills
It’s important to have a good technique when using scissors. The main rules are;
- Thumb in the top hole of the scissors and
- Thumb on top when holding the piece of paper
When in Kindy children will be encouraged to cut on a line so why not start practicing snipping pieces of paper now!

Compiled by
Heidi Saunders, Speech Pathologist and Sarai Hoogland, Senior Occupational Therapist
Peel and Rockingham Kwinana Community Health, 2006
Question Time
Children in Kindy need to develop their describing skills. Good questions to ask are;
- What colour is it?
- Where does it live?
- What shape is it?
- What does it look like?
- What size is it?
- What parts does it have?
- What does it do?

Ways to Help Your Child Understand Questions
If your child is finding some questions a bit tricky why not try some of the ideas below;
- Wait (a good idea is count to ten)….. to give them a chance to answer
- Repeat the question
- Don’t use so many words
- Give them a clue like….. “You cut with the…..?”
- Give a choice like….. “Is it red or blue?”

Drawing and Holding a Pencil
At Kindy children will do oodles of drawing. It is really important that they learn how to hold a pencil so they can do proper drawing. The main rules are;
- Hold the pencil down near the end where the lead is
- Hold with three or four fingers around near the end of the pencil, but NOT with a fist

Drawing is a really important skill that children need before writing. A great idea is to practice drawing simple shapes like lines, circles and crosses. You can show your child how to do it first so they can copy you!

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