



A Therapeutic Approach
to Movement and Learning

Building Fine Motor Skills

How Good Beginnings Can Help

Fine motor skills are essential for everyday tasks like writing, using utensils, getting dressed, and even playing. If your child struggles with hand strength, coordination, or precision, simple tasks can feel frustrating. The good news? With the right support, kids can develop the skills they need to gain confidence and independence. Here's how Good Beginnings can help—and some tips you can start using today.



Strengthening Hand Muscles for Everyday Tasks

Fine motor skills depend on hand strength and coordination. We use fun, engaging activities to help kids build these muscles so they can perform daily tasks with ease.



Encourage your child to play with **playdough, tongs, or clothespins** to strengthen hand muscles. Squeezing, pinching, and pulling build grip strength in a fun way!



Improving Hand-Eye Coordination & Precision

Simple, predictable routines give kids the structure they need to take ownership of daily tasks. We help families create visual schedules and step-by-step strategies to build independence at home.



Try **bead stringing, lacing cards, or peeling stickers** to help your child practice precise finger movements.



Helping with Writing & School Readiness

If your child struggles with holding a pencil, forming letters, or keeping up with writing tasks, we can help them develop the right grip, posture, and control to improve handwriting skills.



Use **short, broken crayons or golf pencils**—they naturally encourage a proper tripod grasp because kids can't wrap all their fingers around them.



Supporting Sensory Challenges That Affect Fine Motor Skills

Some kids avoid fine motor activities because of sensory sensitivities (like discomfort with certain textures) or difficulty with body awareness. We incorporate sensory-friendly techniques to make fine motor tasks more enjoyable.



If your child dislikes certain textures, start with **dry sensory play** like scooping rice or beans before moving to messier textures like shaving cream or finger paint.



Telehealth Options For Parent Coaching

We offer telehealth sessions to provide parents with fine motor activity ideas that can be easily incorporated into daily routines at home.



Turn fine motor practice into **daily routines**—let your child help squeeze toothpaste onto their toothbrush, zip up their jacket, or tear paper for an art project.



You're Not Alone- We're Here to Help

Fine motor difficulties can be frustrating for kids, but with the right approach, they can build the skills they need for success. We've helped many families improve their child's coordination, confidence, and independence.



Let's Work Together!

If fine motor challenges are making daily tasks difficult for your child, we can help. Contact us to learn more about our approach and schedule an appointment.



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