

Dear Parents and Caregivers,

I am the physical therapist (PT) for West Elementary School and would like to share some information with you. In this age of increased emphasis on computers, tablets, and screen time in general, it is easy to forget how important movement activities are for the development of your child's brain.

Did you know . . . ?

Large motor skills like running, jumping, and climbing stairs are the building blocks for the development of fine motor skills which are **necessary for writing, using scissors, and turning the pages of a book.**

Playing with a ball helps to develop hand/eye coordination and visual tracking which are both **necessary for reading and copying words from the board onto a paper.**

Throwing a ball while stepping the opposite leg forward helps to develop the ability to cross midline (reaching across the center of your body). Crossing midline is **important for both writing and reading.**

Moving the head into positions that are not upright (rolling down a hill, swinging, doing forward rolls, hanging upside down, etc.) is **important to develop balance and good seated posture for desk work.**

Please take a moment to look at the enclosed sheet and see if your child is at the large motor skill level that is developmentally appropriate for their age. I have also enclosed a list of suggestions to get your child moving.

Please feel free to contact me with any questions and concerns you may have.

Sincerely,

Cindy Heinze PT, MHS

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