When children start writing and drawing, their fingers and hands have to work as hard as a marathon runner’s legs. But no one would dream of trying to run a marathon without doing some training first.

The FINGER GYM™ programme can provide that training. It helps to develop strong, flexible fingers, hands and arms. It promotes better hand-eye coordination, differentiated movement and manual dexterity. It fosters children's use and understanding of spoken language. It builds cognitive abilities and provides opportunities to practise self-regulation. Above all it helps hands prepare physically for writing, building a secure foundation required for the acquisition of legible, rapid and fluent handwriting.

So why not have some fun getting their little fingers into training? You can do it anywhere and any time all you need is your hands.

Finger Gym is suitable for all children from 9 months to 9 years. It is an invaluable play resource for parents and carers, teachers, classroom assistants and Early Years practitioners, teachers of English as a foreign or additional language, SEN coordinators, speech therapists and occupational therapists.

Please supply ______ copies of FINGER GYM @ £29.95 per book
Postage and packing : UK £3.95 per book (£6.00 Europe) Cheques payable to: GDH Publishing
I enclose Cash/Cheque to the value £ ________ or please invoice □ (Books sent on receipt of payment)

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