



Early Writing help

Writing is an extremely hard skill to learn and it is based upon a great deal of factors and systems within our body that need to have developed before picking up a pencil. Although we don't expect for your child to be able to write, there are things that you can do at home to support the development of your child in preparation. These development stages are vital to supporting your child's early writing skills. Children start school at many different stages with their writing and no stage is wrong. Every child develops at their own rate.

These activities below will help build a strong foundation for writing and this will hopefully give you some ideas as to what you can do at home to support.

Fine and Gross motor skills

Fine motor skills exercises are great for the development of the muscles in the hand and wrist needed for handwriting. You can use so many household items.

Use a colander and pipe cleaners. Can you thread the pipe cleaners through the holes? How many pipe cleaners/string/dried spaghetti can you thread in one minute?



Natural materials can be used. You can thread leaves onto sticks or string.

Can you make a pattern with the leaves you use?



Threading games or threading small beads onto spaghetti works great too.



Large movements from the shoulder through to the fingers are very important too. You can use these muscles by:

- Jumping on stepping stones
- Climbing - crossing arms and hands
- Drumming/ Tapping games where you cross the arms across the body
- tapping left arm to right knee and then right arms to left knee
- Yoga poses in cosmic yoga
- Swimming
- waving scarves and materials from left to right and right to left across the body
- putting on own shoes and sock with both hands
- throwing and catching

A few other great ideas towards letter formation are handwriting patterns. Encourage your child to go from left to right and practice a new line underneath. You are reinforcing the expectation of children to write from left to right and top to bottom on a page. Have a go:

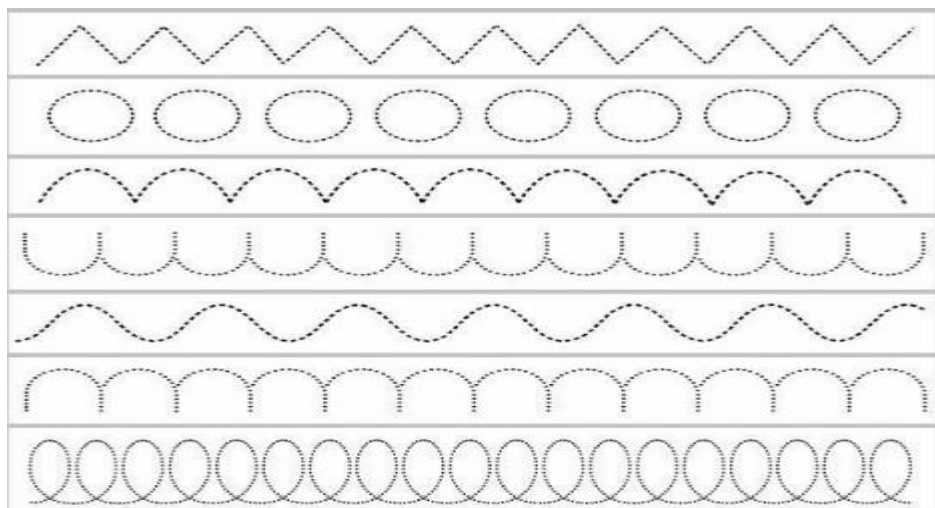


Water painting and chalk patterns.



Can you use a brush and some water and make circles and lines on a wall in your garden?

Can you chalk your handwriting patterns on the concrete outside?



The next stage of writing is moving into the correct letter formation. Children do find it easier to start writing in capitals, however this makes writing very difficult for them once they start school. As we have to teach them lower case.

Please encourage your child to start to write in lower case letters if they are ready. Even for their name.

a b c d e f g h i j k l m n o p q r s t u v w x y z

