

# Help Your Child with Writing

## Playdough

Playdough is a great finger-strengthening activity. Add cutters and tools, theme it with a story or practise moulding letters.



## Writing Letters

Writing letters in sand, water or paint (or on whiteboards and chalkboards) is a great way to practise letter formation. Start with the letters from your child's name and move on to initial sounds.

## Drawing

Drawing is a very good entry point for handwriting as it gives children an opportunity to practise guiding a pencil. They can follow a simple guide or use their imagination to draw.



## Fine Motor

Fine motor and hand-eye coordination will develop through lots of activities that use pinching, grasping, twisting, threading, squashing and squeezing. Activities, such as threading, weaving and manipulating small items with tweezers will all help build fine motor control.

## Go Shopping

Go shopping and let your child write a small part of your shopping list. Give your child the list while you are there for them to find the items and add them to the trolley. You might help them to form the letters or write it together so it gives meaning to making marks.



## Sensory

Sensory opportunities are an excellent way to make writing fun and exciting. You could squirt shaving foam onto a smooth surface and add some paint in colours linked to a theme, such as seasons, rainbows or under the sea. Children can spread the shaving foam and mix it with the paint. They can make marks in the shaving foam with their fingers or with paintbrushes. Provide letters or patterns for your child to copy.



## Scissor Skills



Scissor skills help to develop fine motor muscles. Have long strips of paper available and draw a mixture of pattern lines on them (wavy, zigzag, straight). Invite children to cut along the lines to complete the pattern.

## Mark Making

Making marks is often where early writing starts. Encourage mark making in natural materials, such as mud, sand or snow. Children can use a variety of tools to make marks, such as brushes, sticks and feathers. Pattern books can also be fun to do and allow children to practise mark making.



## Strengthen Fingers

Strengthen fingers by using a pestle and mortar in the garden. Collect things in the garden and break them down using the pestle and mortar; talk about the smells and the changes as it breaks down. Try some spices from the kitchen too.

