



Top tips to help your child to develop fluent handwriting



- Encourage your child to use a tripod grip.
- It is important that the pencil rests against their hand, ideally at the base of their thumb.
- Make sure they rest the side of their hand and lower arm on the writing surface.
- Support your child to angle the paper (angled to the right if your child is left-handed or to the left if they write with their right-hand). This helps children read what they have written and keep track of their writing.
- Encourage your child to draw. Drawing helps children to develop the correct writing pressure. Grips that are too tight make writing uncomfortable. Grips that are too loose produce writing that is difficult to read and can make it difficult for children to read their writing.
- A good seating posture helps handwriting. If your child is writing at a table try to make sure that their chair is tucked in and their feet can rest comfortably on the floor.
- When they are first learning to write, encourage your child to talk through the formation of each letter as they write it.
- If your child is having difficulty with the formation of a letter support them to practise large letters at first then gradually reduce the size once the formation is correct.
- Support your child to practise letters in families or practise one letter at a time in their name.
- Praise all your child's efforts and be positive...learning to write can be very hard!



Ideas for developing hand and finger strength

- Screwing & unscrewing jars & lids
- Paper scrunching (keeping heel of hand on table, pulling paper into hand with fingertips)
- Paper flicking (finger football)
- Paper tearing (long, thin strips)
- Squeezing foam balls
- Rolling, pinching & squeezing playdough
- Using hole punches & staplers
- Using tools and scissors
- Rubber bands (placing the rubber band over the thumb & all the finger tips & stretching the band)
- Cooking (rubbing margarine & flour, kneading dough)
- Drawing
- Craft activities
- Wringing out wet sponges & cloths
- Tiddlywinks
- Opening & closing clothes pegs
- Finger wrestling (Place thumb & index finger tip together in a loop, hook with another person & try to break each other's loop!)
- Scrunching cornflakes to make dust