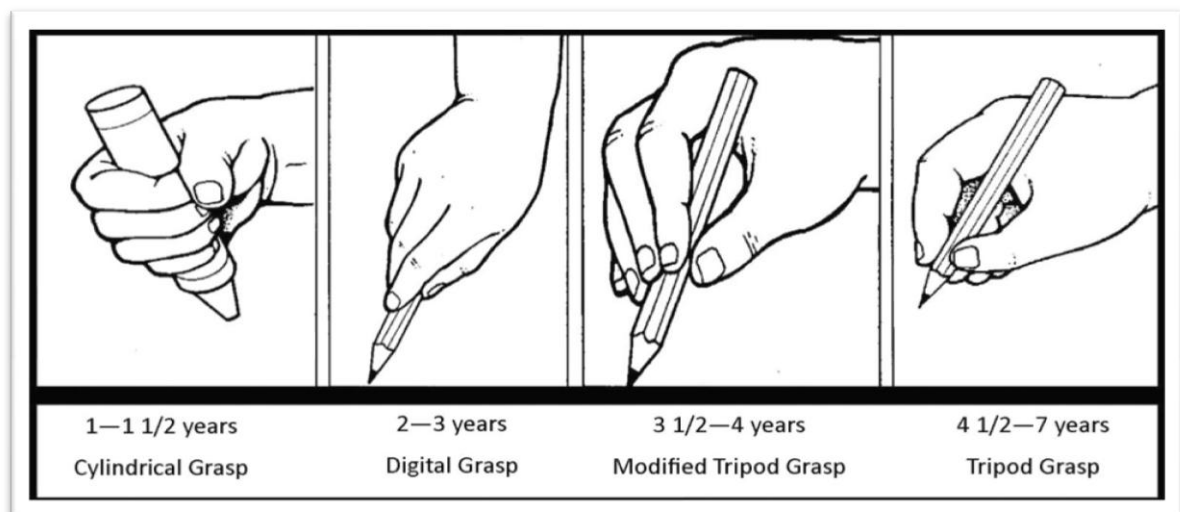


# How to help your child with pre-writing skills

In order to be ready to write, children need to have developed hand skills. This means they need to have the strength and dexterity to handle, and control, small objects with their hands. But, they will also need to develop the muscles in their forearm and upper body to provide the strength and stability that will allow them to use their hands to manipulate and control writing instruments.

Using a pencil is a surprisingly complex task. Before a child is ready to use a pencil, there are many areas that need to be developed including:

- Posture and muscle strength
- Body and spatial awareness
- Hand and finger manipulation
- Using both hands together
- Establishing hand preference
- Developed sense of sight and touch
- Hand eye co-ordination
- Concentration
- Understanding Language



Activities to help shoulder stability include:

- Help to wash the car
- Gardening/digging
- Pegging out washing
- Making designs on walls outside using water, rollers, brushes, etc
- Crawling activities
- Activities lying on tummy and propped up on elbows, eg. Puzzles, reading

Hand Gym activities include:

- Puzzles
- Sewing Cards, bead threading
- Finger painting
- Playdough
- Making collage, tearing tissue paper, gluing and sticking
- Duplo Bricks