

Getting Started with Writing Skills for 2-5 year olds

Quick Reference
SHEET #22

Some children are not always ready to write compared to others of a similar age and experience.

This may be due to:

- ❖ Weaker hand strength
- ❖ Poor co-ordination
- ❖ Lack of understanding of the concept of shapes and letters
- ❖ Poor hand – eye co-ordination
- ❖ Unsteady control or tremor
- ❖ Visual difficulties

Tips to help

- ✓ Ensure sitting in stable position with feet on the floor, table at waist height
- ✓ Try big movements before small ones
- ✓ Make it fun!
- ✓ Any activity where the child is holding an object similar to how they would hold a pencil, helps build grip strength
- ✓ Dot-to-dot painting
- ✓ Tracing letters
- ✓ Plastic bubble wrap - Popping these is fun!
- ✓ Big sheets of paper on the walls or floor with big brushes
- ✓ Chalks making shapes in the playground
- ✓ Making the shapes in a sand tray or shaving foam

