



Early Writing

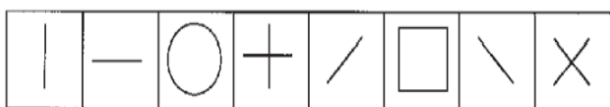
The term 'early writing' is used to describe the different ways children build up the skills required for writing letters and words and involves the children learning how to hold things properly, develop their fine and gross motor skills* and make marks using a variety of tools. All marks e.g. lines and scribbles are an integral part of the early writing process.

Children's physical development is key to them being ready to write and will help them engage with writing more fully in the future.

Here are some ideas for you to help your child build their strength, coordination, resilience and love for early writing, at home.

- Play throwing and catching games together
- Let them join in with the chores: pegging out the washing, sweeping with a dust pan and brush, washing up, wiping the table or windows and squeezing out the cloth
- Cooking: peeling, chopping, mashing, spreading
- Cutting and sticking activities
- Construction with blocks and interlocking blocks such as Duplo and Lego
- Play-Doh: rolling, pinching, pulling
- Picking objects using tweezers
- Practising doing up zips and buttons on clothing
- Drawing on a wall, fence or pavement with chunky chalks
- Finger painting, painting with different sized brushes, painting with water
- Mark-making in a steamy window, in a tray of rice / lentils
- Pegboards
- Threading: pasta onto a string, through holes made in cardboard
- Pencil grip support: short chubby pencils / crayons, chalks

VMI MODELS



According to experts, children's readiness to write can be assessed by their ability to draw these first eight shapes of the VMI assessment model (Visual Motor Integration).

Children need to have good gross motor skills in order to develop good fine motor skills. If your child has strong fine motor and gross motor skills, they may be ready to practise writing their name. If this is the case, please avoid teaching them to use capital letters.

* Fine motor skills refer to physical skills that involve small muscles and hand-eye coordination

* Gross motor skills refer to the controlling of large body movement including core stability and posture e.g. climbing, pushing, pulling, rolling, crawling, walking and sitting still.