



SUPPORT TEAM FOR EDUCATION
IN PRIMARY AND SECONDARY

Supporting your Child with Fine Motor Skills and Handwriting at Home

General advice

Always make learning game based and have fun!!!

Developing fine motor control

All these activities help develop fine motor skills and hand-eye co-ordination:

- Baking and cooking
- Manipulating and exploring with Playdough and Slime



Playdough Recipe: <https://www.bbcgoodfood.com/howto/guide/playdough-recipe>

Salt Dough Recipe: <https://www.bbcgoodfood.com/howto/guide/how-make-salt-dough-recipe>

- Building creations with blocks, Lego
- Painting with brushes and/or fingers
- Pouring (e.g. water from one cup to another, rice from one container to another) etc
- Threading with beads, dried pasta, pipe cleaners
- Doing up buttons, zips, shoelaces, etc
- Puzzles
- Using tweezers or pegs to pick up buttons, beads, rice



Mark making

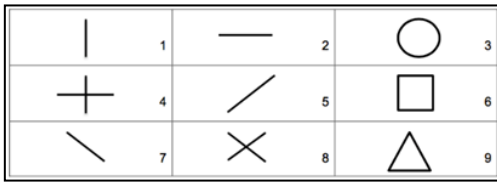
An important skill in preparation for learning to write; developing pencil control, hand eye co-ordination and muscle development:

- Mark making in: shaving foam, sand, glitter, flour
- Mark making with: crayons, felt pens, colouring pens, sticks, fingers, pavement chalk, squirty bottles and water
- Painting
- Colouring
- Rubbings (coins, leaves, wood, feathers, etc)
- Stamping with sponges, stampers, vegetables



Pre-handwriting

Pre-handwriting is an essential skill to develop before learning letter formations. Establishing left to right, top to bottom, circles and diagonal lines formations.

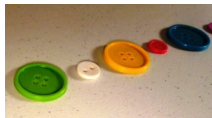


Ways to practice pre-handwriting shapes could include:

- Dot to dots



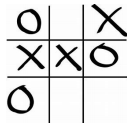
- Making patterns with everyday objects such as buttons, counters, coins,



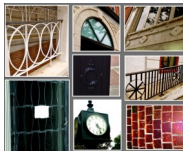
- Pegs To Paper: <https://learnplaynexus.com/pegstopaper/>



- Playing noughts and crosses



- Finding patterns, shapes in the environment



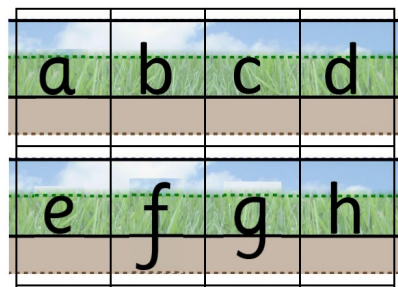
Handwriting

Teaching correct letter formations

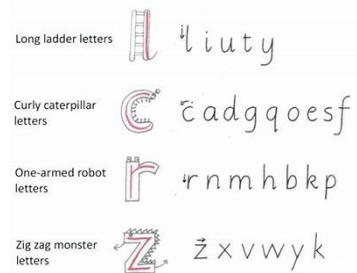
- Try to encourage your child to use a correct tripod grip



- Highlight lines or use ground, grass, sky paper



- Teach letter families



- Apps such as Nessy Hairy Letters

