

Handwriting Support

- Building physical strength underpins handwriting, as poor writing may be due to poor strength.
- Developing strength in the pelvic and shoulder girdle has long term benefits in terms of handwriting skills. This can be supported at home by encouraging your child to lie on the floor on their tummy when drawing or playing on their tablet (even for just a short time). In school, we call this the 'lizard' position. Please note it is important that they lie with their legs flat on the floor and feet together.

lizard position →



- We are also working to help the children develop an 'optimal pencil hold' – in time this will allow them to write quickly and legibly with the least amount of effort (so they can write for longer before tiring).
- An optimal pencil hold involves using your 'three friends'; thumb, first finger and middle finger.
 - The pencil is picked up using thumb and first finger (holding fingers)
 - Middle finger ('pillow finger') is positioned underneath the pencil to support it.
 - Remaining two fingers (resting fingers) are curled in towards the palm.
 - Pencil rests against the hand.



holding fingers

pillow fingers

Activities to support the development of finger strength and dexterity

- playdough/ clay
- using big tweezers or tongs to pick things up
- pegging with clothes pegs
- scrunch up small pieces of paper using fingers, play a game to flick the paper balls
- using fingers to perform twisting motions such a putting a lid on a jar e.g. putting a nut onto a large bolt