



# Lawn Primary and Nursery School

## Parent Advice Sheet

### Suggestions to Help a Child Who Finds Handwriting Difficult

Try some hand warm ups before they start writing – see the suggestions on the separate sheet.

#### 1. Upper case and Lower case

Ensure children can write all the lower case and upper case letters with you saying their sound and their name.

Repeat the above but for capital letters.

#### 2. Ascenders and Descenders

Ensure children know some letters are tall and some have tails – give them a list of each.

Ensure they know all letters sit on the line.

Ensure they know that all capital letters are tall.

Ensure they know some capital letters look like the lower case ones, but are bigger eg :  
o, s

Use highlighters / photocopy highlighted paper and explicitly show that most letters stay within the highlight – only the ascenders and descenders can come out

Always practice with lined paper so they know where to do the ascenders or descenders – ensure that the lines are of the correct size for their age and stage of writing.

Try using bubble paper where each letter has a separate space.

#### 3. Improve Fine Motor Skills

Try activities such as threading, peg boards, pincers to move objects (range of sizes of pincers (eg tongs, tweezers) and range of sizes of objects ( eg beads, buttons, pasta etc), colouring in, cutting activities, dot to dots, using a ruler to draw lines etc.

Use sheets of shapes and lines to copy over without going off the line.

Draw lines of various thicknesses with highlighter pens and ensure they do not go off the line at all.

Practice cutting out things with scissors.

#### 4. Position and Implement Used

Ensure children sit up straight when writing.

Use both hands – one to hold the book flat and one to hold the pencil.

Ensure they use a good pencil grip – encourage the pincer grip, “frog fingers”.

Try a range of pencil grips to help or try an ergonomic pen or pencil. Try a range of different pens – some flow better than others or need less pressure.

Try a range of length and thicknesses of pencils and pens – we all prefer different things to write with.

Try joined writing – it helps with the flow and it also helps with the spelling.

Focus on letter formation and where you start when writing each letter – see RWI letters.

Ensure children have a letter mat to hand to help if they cannot think how to write a letter.

#### 5. Explore other ways to record their ideas

Bullet points and lists

Adult scribing

Use of a laptop

Mind maps

Labelled pictures and diagrams

Tables and charts

Cloze activities

#### 6. Oral Rehearsal

Get children to tell their ideas and sentences to you or a partner to rehearse it. You say it back to them.

Practice hold a sentence – this will help them to get used to saying a sentence and then remembering it to write it.