



**VRANCH HOUSE
STRATEGIES TO HELP DEVELOP
EARLY WRITING SKILLS**

All children need to go through early writing stages to progress and learn to write.

The following activities are useful and fun to help a child prepare for learning to write, or for a child who is beginning to learn their letters.

THINK BIG, the bigger the better

- large whole body or whole arm movements are great
- use large brushes, thick chinks and crayons
- encourage any pencil work; dot to dot, colouring in, even scribbling.

Make patterns (and moving on to letters):

- on the patio with water from a watering can
- in the sand pit or on the beach
- using chinks outside on the ground, give the child a large paintbrush in a bucket of water and he can then paint over the chink, effectively cleaning up!
- with finger paints or painting on an easel
- in shaving foam sprayed on to a waterproof surface

At a later stage when he is beginning to know his letters he can:

- try to make letters out of plasticine or playdoh
- make letters out of cooked spaghetti
- try writing with fingers on a friend's back and get the friend to guess the shape or letter
- try writing in the air with their hands or with ribbons on sticks

These ideas should help your child's progression to writing in an enjoyable way. Be warned, some of the above can be messy so use aprons or old clothes.

If you would like more information, please contact the Therapy Department
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Based on work by United Bristol Healthcare Trust OT Department
Adapted for Vranch House Therapy Department