

Before children can become confident writers, they need to play lots of games and activities to support their physical development. If your child is struggling to write letters and words that you can recognise, help them by joining them in their play, showing them how to write and by offering lots of encouragement so that they want to 'have a go'.



## Top Tips for Writing



- Write in front of your child so that they can see the importance of writing. You might be writing a shopping list, a birthday card or a note.
- Encourage children to talk about the marks they are making as they draw and write.
- Offer lots of praise to your child when they write. Writing can be a very difficult skill to master so lots of encouragement will help them gain confidence.
- Give regular breaks. Writing can be very tiring for some children so don't worry about your child writing lots or for long periods of time if they are not ready.

## Activity suggestions for writing and physical development - Online

<b>Play Dough Action Songs</b>	<a href="https://youtu.be/BOLR3pQt8zg">https://youtu.be/BOLR3pQt8zg</a>	Grab some play dough and take your fingers to the dough disco!
<b>Action Rhymes</b>	<a href="https://www.amusictherapy.com/post/top-10-fingerplay-songs-to-develop-fine-motor-skills">https://www.amusictherapy.com/post/top-10-fingerplay-songs-to-develop-fine-motor-skills</a>	Help your child learn some new rhymes, using their fingers to join in with the actions.
<b>Sky Writer</b>	<a href="http://www.ictgames.com/mobilePage/skyWriter/index.html">http://www.ictgames.com/mobilePage/skyWriter/index.html</a>	Watch how different letters are formed with Sky Writer. Try using your finger to 'write' the letters in the air.
<b>Learning to Write</b>	<a href="https://youtu.be/tKwruceavN0">https://youtu.be/tKwruceavN0</a>	A video showing some fun and engaging writing activities that can help your child when they are learning to write.

## Activity suggestions for physical development - Offline

### Zips, buttons and fastenings

Helping your child learn how to use zips, buttons and other fastenings can be great for their physical development and can also help them to become more independent. Collect coats, cardigans, shoes and bags from around the house that have different fastenings and let your child explore how to open and close them.



### Pegs

Using pegs can be a fun way of helping to develop your child's fine motor control. Give your child a selection of different pegs to use for hanging up their doll clothes or pictures they have drawn. They can use larger pegs to attach sheets and blankets to some chairs or a clothes dryer frame to make a den. Pegs can also be used to make up games like trying to pick up as many cotton wool balls as you can in 10 seconds.

### Using a knife and fork

Giving your child plenty of opportunities to use kitchen utensils, including a knife and fork, can have lots of benefits on their physical development. Learning to control the knife and fork for themselves can help children prepare for the physical demands of writing.



### Making no cook dough

#### What you will need:

Measuring cup, bowl, 1 cup (250 ml) plain flour, 1 cup (250 ml) table salt, 1 cup (250 ml) water and a small drop of cooking oil.

Mix the flour and salt in a bowl. Make a hole in the centre and pour in the water little by little. Mix the flour, salt and water. Add water as necessary until it's not crumbly. Knead the dough for about 5 minutes until it's smooth. Add the cooking oil to make the dough soft.

### Cooking



Asking your child to help while you cook can be very supportive of their communication and language development and it can also help them to learn new physical skills. Ask your child to help with tasks like washing the vegetables, spreading butter onto the bread or stirring ingredients in a bowl.

## Activity suggestions for writing - Offline

### Make a memory book

Collect photographs of your child from when they were a baby through to how they look now. Talk about the photographs: 'What was happening?' 'Who is in the photograph?' 'What do you remember?' Put the photographs into a book and help your child to add words and captions. If they are not ready to write all of the words by themselves help them by showing them how the words are written.

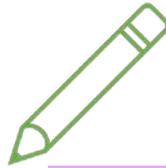


### Write a rhyming list

Think of word that has lots of rhyming words such as 'big', 'dog' or 'sat'. Write the word at the top of a piece of paper. Explain that rhyming words have the same sound at the end but a different sound at the beginning like 'dog' and 'log'. Ask your child to write a list of words that rhyme with your word. Short, 3 letter words work well for this. Help by writing any letters that your child has not yet learned.

### Make a name card

Help your child to practice writing their name. You may want to make a name card that your child can decorate or use as they try to write their names by themselves.



### Plan a party

Plan a party for your child's favourite dolls or cuddly toys. Talk about all of the things you could make in preparation for the party that involve mark making and writing. This may include a shopping list, invitations and decorations. Help your child to make some or all of the things that they will need.



### Send a card

Talk about what cards are for and when we might send cards. Help your child to make a card or write inside a pre-made one.

