

Stages 1-2
Getting Ready to Write
Building strength, control
and coordination.
Practising patterns and
shapes before letters.



Stages 3
Learning Letters
Forming letters correctly.
Practising capital letters
and numbers.



Stages 4 up
Joins, Words & Fluency
Once the skills for letter
formation are built these
later stages will teach
joining letters, writing
fluency and stamina.

Positive praise builds
confidence and
confidence builds
better handwriting.

Keep practice short
✓ 5-10 minutes is enough.
✓ Little and often works best.
✓ Stop before your child
becomes tired.

If You're Concerned



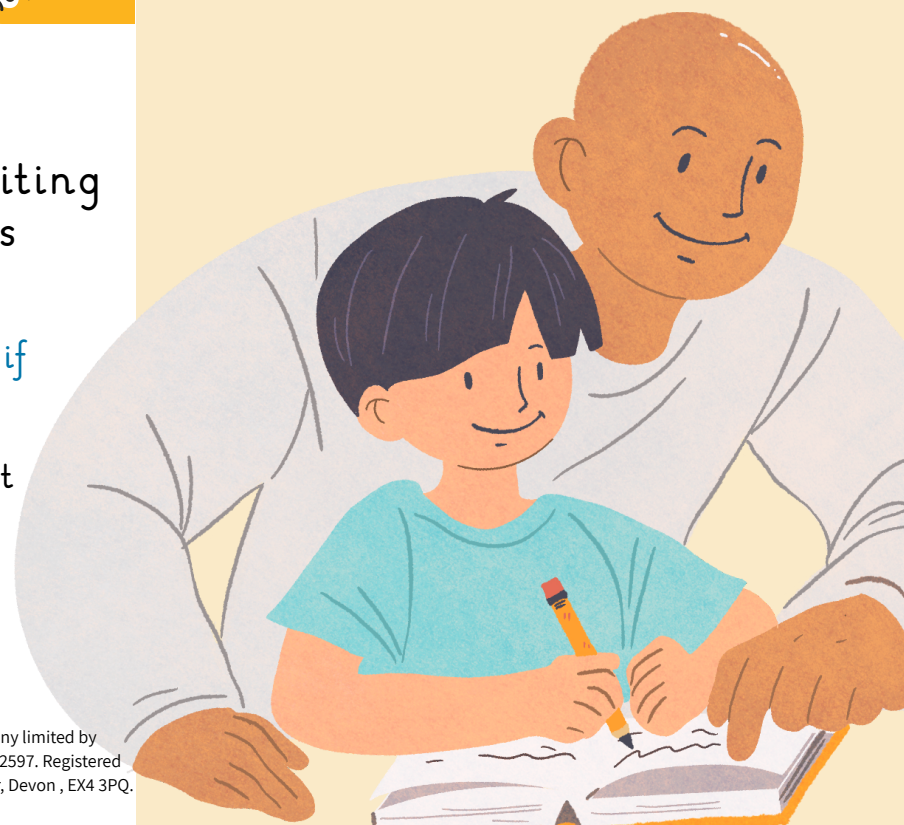
All children develop
handwriting at different
speeds. It is normal for writing
to look uneven while skills
are developing.

You may wish to speak to school if
your child:

- avoids writing regularly
- becomes very frustrated or upset
- tires very quickly
- struggles to form letters
consistently
- continues reversing letters
beyond Year 2/3

Handwriting at home

Tips to help your child



STAGE ONE

Fine Motor Activity

Peg & Pinch Game

Use clothes pegs, tweezers or kitchen tongs to pick up small objects
(e.g. cotton balls, pasta, pom-poms).

This builds:

- finger strength
- pincer grip
- hand control needed for pencil grip

Gross Motor Activity

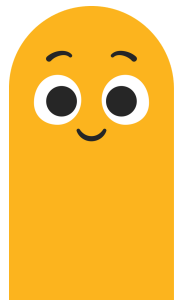
Animal Walks

Try:

- bear walk
- crab walk
- wall push-ups
- crawling races

These strengthen:

- shoulders
 - core muscles
 - arm stability for writing
- Strong bodies support strong handwriting.



5 minutes
is plenty.

STAGE TWO

Fine Motor Activity

Pattern Drawing Practice

Draw simple patterns together:

- straight lines
- zigzags
- waves
- circles
- loops

Use crayons, chalk, whiteboards or even paintbrushes with water outside.

This builds:

- control
- directionality
- smooth movement for letters

Gross Motor Activity

Big Shape Movements

Use large arm movements to “air draw” shapes:

- giant circles
- long straight lines
- big zigzags on a wall or fence

Or draw shapes on the ground with chalk and trace them walking.

This builds:

- shoulder stability
- whole-arm control
- motor memory for letter shapes

STAGE THREE

Children are now learning correct letter formation.

When practising letters at home, remember:

Letter Families

Letters are grouped by similar movements.

Practise letters from the same family together.

Correct Formation

Start in the right place and follow the correct direction.

The 4 Ps

- ✓ Posture - sit upright, feet flat
- ✓ Position - paper slightly tilted
- ✓ Pencil grip - comfortable tripod grip
- ✓ Pressure - not too hard, not too light

The focus is:

- starting in the right place
- forming letters the correct way
- keeping letters a similar size