

## Helping your child at home with writing

### Making bodies stronger

Lie on tummy on the floor to read, write, play on electronic games, watch TV

Sit on the floor to play

Chair push-ups, pull-ups on monkey bars, the plank

Using scissors, knives and forks, playing clapping games

Using playdough and plasticine – rolling, pinching, squeezing using different parts of the hand

### Holding the pencil

Practice picking it up

Learn and practice the Pencil Checks

Use optimal sizes and shapes of writing tools (small diameter with triangular cross sections)

### Learning the letters and their families

#### *Lower-case letters*

Jumper Family	h n m b r p
Abracadabra Family	c a o d s q g
Window Cleaner Family	l t i u
Fisher Family	y j f g
Squirtier	e
Slider family	k v w x z

#### *Upper-case letters*

Straight lined group	I L E F H T
Curved line group	C O S G Q
Lines with Curves group	D P B R J U
Sliding lines group	A M N K W V Z X Y

### Using the tree

When practising writing, use a writing line and the tree symbol to give a guide for both where the letters start and their proportions.

