

Supporting children's handwriting at home

- Sit correctly at a table.
- Encourage a tripod grip and gently correct the grip.
- Allow children to write with their dominant hand.
- Pencils and coloured pencils and chalk support the muscle memory better than writing equipment that glides too easily.
- Start all letters from the bottom.
- Encourage children to form the letters correctly in one flowing movement rather than to add bits on to make them look correct (it is easier to learn correctly first time rather than have to re-learn).
- Lower case letters and the digits 0-9 are the first priority
- Capital letters are not joined to the lower-case letters
- Teaching children that letters belong to writing families supports learning
 - *c a d g o q*
 - *l i t j*
 - *b h k*
 - *r n m p*
 - *u v w y*
 - *e*
 - *f*
 - *s*
 - *x*
 - *z*
- Colouring using coloured pencils shading up and down within lines strengthens hand-eye coordination.