

Fine Motor Skills and Handwriting: How to develop your child's handwriting?

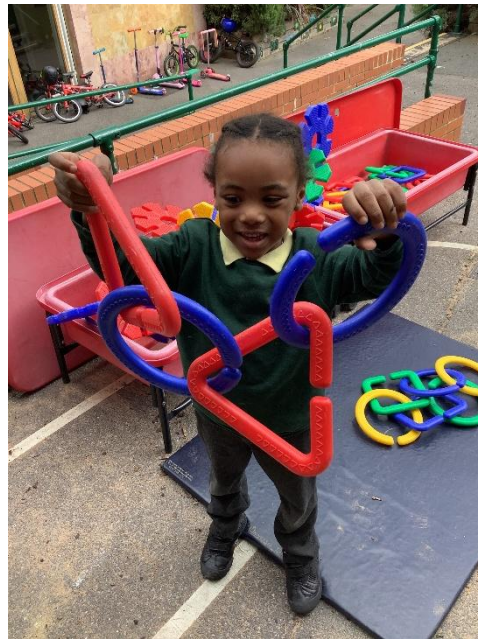
Thursday 20th November 2025



Fine Motor Skills

Fine motor skills involve the use of the muscles in the hands.

Fine motor skills often require coordinating movements of the hands and fingers with the eyes; this called hand-eye coordination.



What skills do fine motor skills include?

- Pencil skills (mark making, colouring, drawing, writing)
- Scissors skills
- Construction skills (using Lego, Duplo, puzzles, train tracks)
- Technology use (pressing buttons, tapping on keyboard).
- Dressing (tying shoelaces, zips, buttons, belts)
- Eating (using cutlery, opening lunch boxes and food bags)
- Hygiene (cleaning teeth, brushing hair, toileting).



Activities to support the development of fine motor skills.

Fine motor exercises to strengthen hand and finger muscles and improve dexterity in the hands

Threading



Activities to support the development of fine motor skills.

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Tweezers and Pegs



Activities to support the development of fine motor skills.

Fine motor exercises to strengthen hand and finger muscles and improve dexterity in the hands.

**Manipulating
play dough**



paperclips



popping bubble wrap



Activities to support the development of fine motor skills.

Fine motor exercises to strengthen hand and finger muscles and improve dexterity in the hands.



Cooking



Gross Motor Skills and Handwriting

- **Gross motor skills** involve the large muscles of the arms, legs and torso.
- Good **posture** is required for good handwriting.
- Handwriting requires the larger muscle groups in the **neck, shoulder and trunk** to work together with appropriate force, timing and action.

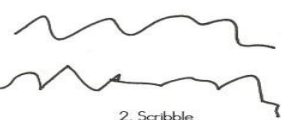
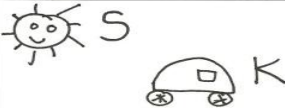
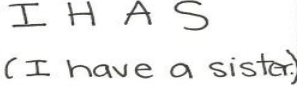
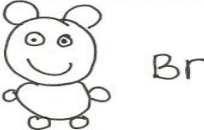


The Journey from Mark Maker to Writer

These are the steps a child goes through when they are learning to write. It is a PROCESS!

EVOLUTION OF A CHILD'S WRITING

(Drawings are an important part of a child's writing and often a child will repeat the theme of his/her drawing on subsequent pages)

 1. Scribble Stage (Starting point: any place on the page)	 2. Scribble (Left to right progression)	 3. Mock Letters (Can be personal or conventional)
 4. Letter String (Left to right and progressively downward)	 5. Groups of letters with space in between to resemble words	 6. Picture Labeling (Matching beginning letter to sound)
 7. Copies Environmental Print	 8. Uses first letter of a word to represent the word	 9. Uses beginning letter and ending letter to represent the word
 10. Hears Medial Sounds (Writes word with beginning, medial and ending letters)	 11. Phrase Writing	 12. Whole Sentence Writing

Time	Name
8.00am	
9.00am	
10.00am	
11.00am	
12.00pm	
1.00pm	
2.00pm	
3.00pm	
4.00pm	
5.00pm	

Time	Name
8.00am	
9.00am	
10.00am	
11.00am	
12.00pm	
1.00pm	
2.00pm	

Mark Making, scribbling that looks like writing

It's the idea that writing has a **purpose**

Time	Name
8.00am	H x 10 3 x 5 7 8
9.00am	
10.00am	
11.00am	
12.00pm	
1.00pm	
2.00pm	
3.00pm	
↓ 4.00pm	
5.00pm	

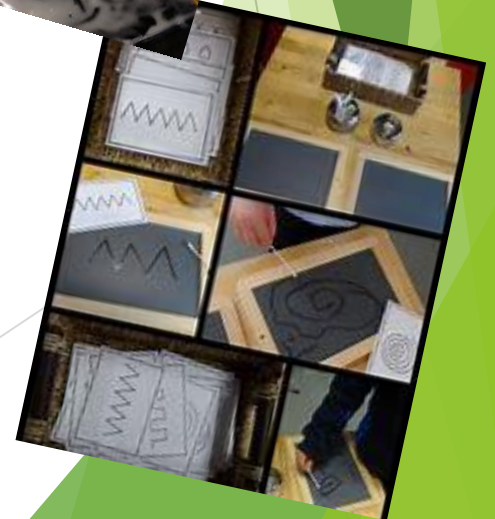
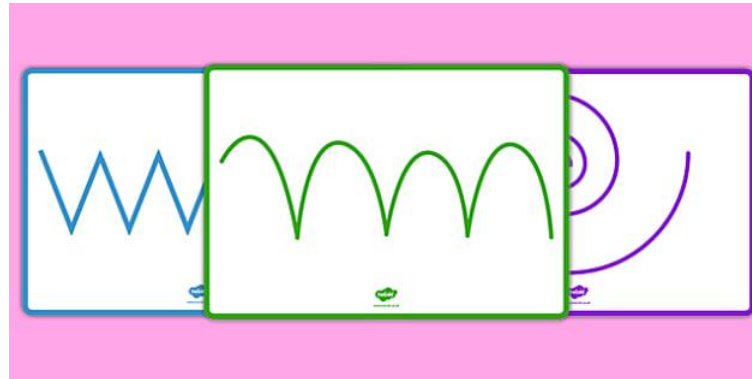
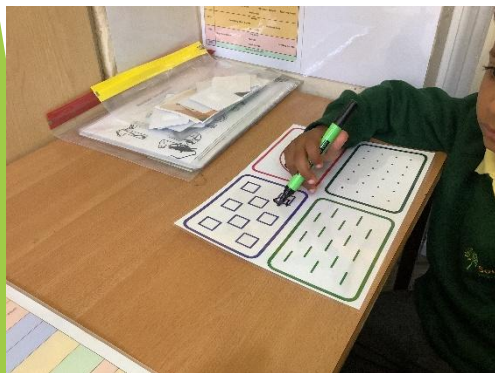
Scribbling,
moving from left
to right.

Beginning to
realise that print
has purpose.

Writing might
begin to use
shapes and
symbols.

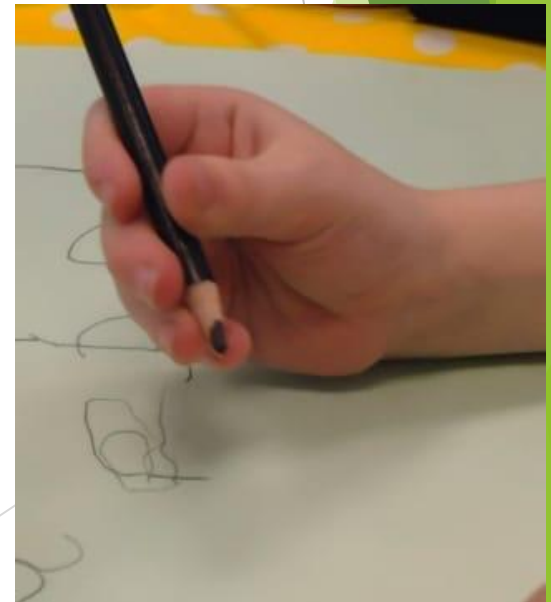
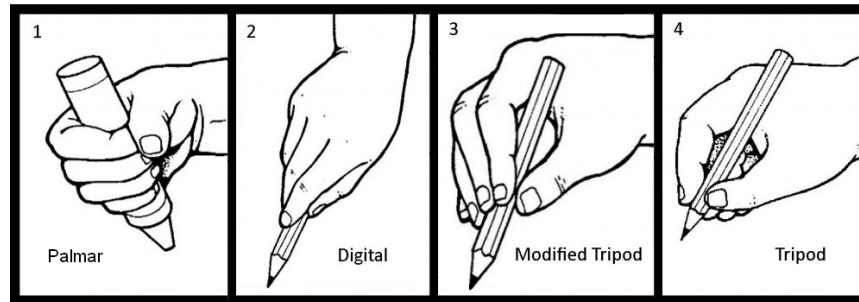
Child can tell
you what they
have written.

Patterns



Pencil Grip and Control

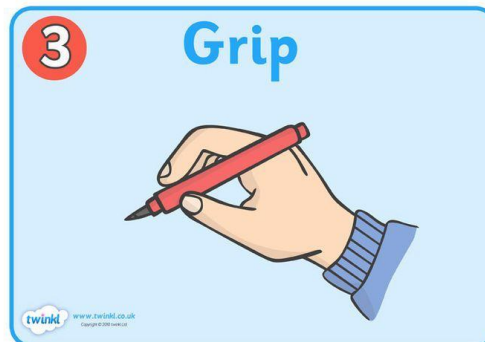
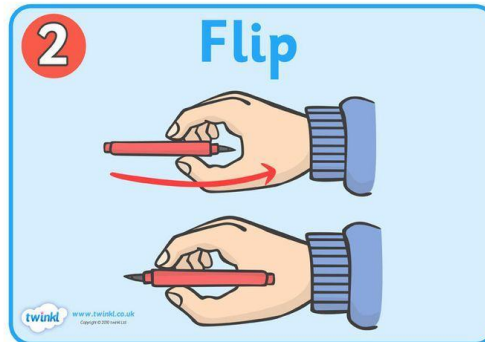
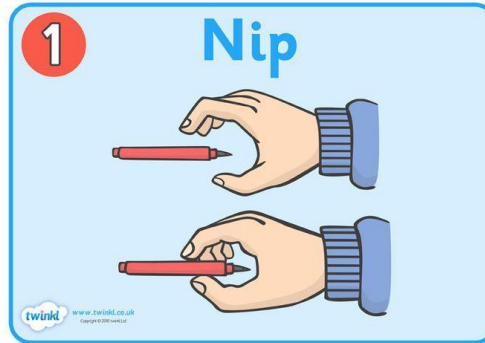
The stages of physical writing development can be tricky. Especially, when a child has moved away from 'palm gripping' their pencil and start to employ a version of the tripod grip.



Pencil Grip and Control

Tips and tricks to support the development of a tripod

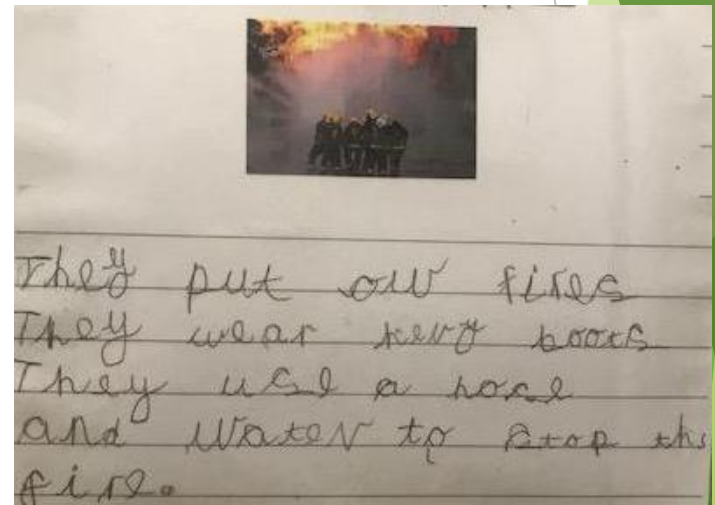
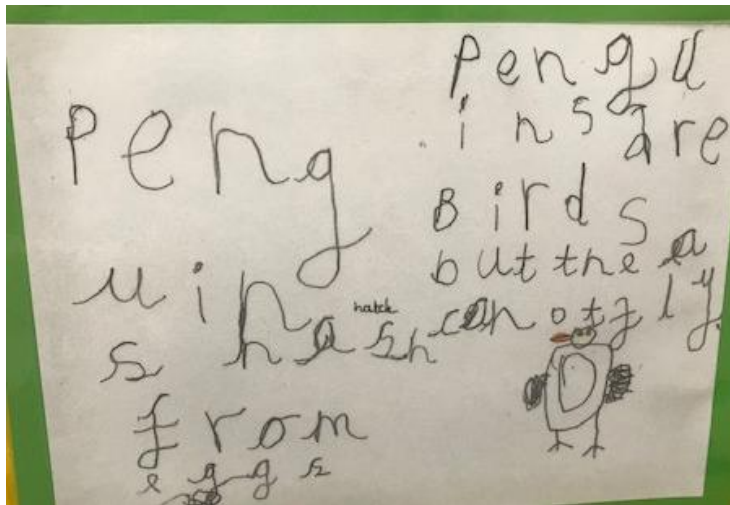
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Early Learning Goal - Writing

Reception children at the expected level of development will:

- Write recognisable letters, most of which are correctly formed;
- Spell words by identifying sounds in them and representing the sounds with a letter or letters;
- Write simple phrases and sentences that can be read by others.



A photograph of a blackboard with various mathematical manipulatives. On the blackboard, there are several sticks (some yellow, some red), a small blue cup, a yellow triangle, a yellow circle, a small white card with a red and blue square, a small white card with a red and blue square, and a small white card with a red and blue square. The background of the entire image is a green geometric pattern with overlapping triangles and lines.

