

Handwriting Skills

The process of learning to write requires integration of a number of skills. There must be visual motor and fine motor adequately integrated. Also, the child needs to be able to recognize letters and know the names/sounds of each letter. They must be able to cross the midline of their bodies when forming specific letters and when writing across a page. They also need to be able to stabilize the paper while writing with the other hand. There needs to be an efficient grasp that allows the controlled movements for letter formation.

There also must be adequate trunk strength, to maintain proper sitting posture for writing. Not all children are ready to write at the same time.

Before writing letters, there are nine shapes that a child should be able to draw. These are a: vertical line, horizontal line, circle, plus sign, right diagonal, left diagonal, square, x, and triangle.

Activities to develop handwriting readiness:

- dot-to-dot activities
- mazes
- coloring books
- clay/play-dough
- drawing
- many of the fine motor activities